



Promotion of Healthy Growth and Development for Young Children Horumarinta Caafimaadka Iyo Kuritaanka Ilmaha Yar

Preface

This is one of six modules prepared for specific use for the displaced people of the Darfur Region, Western Sudan. Each module is composed of charts that focus on health activities that are important to the situation of the displaced and local people. Even though the fathers and mothers of the displaced are generally facing difficulties in their children's health, again the majority of the estimated two million displaced people are depending on external assistance in food, water, health, protection and education.

The displaced and the locals have rights. Besides their right to affordable food, protection, primary health services, they also have the right to know how to take care of their children, even when they are in this difficult situation.

The pictures in this book were taken from camps of the displaced people in Northern Darfur, and depict women and their children as well as the health workers who are putting a lot of efforts to improve the lives of these displaced people.

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Specific acknowledgement

It is important to thank the Ministry of Health of the central government and that of the region as well as other organizations including: Médecins Sans Frontiers – Spain (MSF-S), Action Contre La Faim (ACF), International Rescue Committee (IRC) and GOAL for their support and collaboration when the photographs in the charts of these modules were taken.

It is also inevitable to thank the displaced women who despite being in this difficult situation did not shy away from standing and sitting in front of the lenses of cameras. All these women were involved in health activities in order to promote the health and wellbeing of their children.

UNICEF, Sudan.

Hordhac

Buuggan waa mid ka mid ah lix buug oo loo diyaariyey in si gaar ah loogu adeegsado dadka soo barakacay ee gobolka Daar-fuur – Galbeedka Suudaan. Buug kasta waxa uu ka kooban yahay bidaaqado iftiiminaya hawlo caafimaad oo muhiim u ah xaaladaha dadka soo barakacay iyo kuwa degaanka. Halkaas oo hooyoyinka iyo aabbayaashuba ay guud ahaan haysato duruufo caafimaad oo daran. Iyada oo ay hooyoyinka iyo aabbayaashu ay dhibaatooyin daran ka haystaan caafimaadka carruurtooda, haddana dadka labada milyan lagu qiyasey ee soo barakacay waxa ay badidoodu ku tiirsan yihii taageero dibadeed ee dhinaca cuntada, biyaha, caafimaadka, ilaalinta iyo waxbarashadaba ah.

Dadkan soo barakacay iyo kuwa degaanka waxa ay leeyihiin xuquuq. Xuquuqda ay u leeyihiin kharashka caafimaadka, cuntada, ilaalinta, adeegyada caafimaadka ee aasaasiga ah ka sokow waxaa ay sidoo kale xaq u leeyihiin in ay garanayaan sida ay carruurtooda u daryeeli lahaayeen xataa iyaga oo ku jira xaaladdan aadka u ba'an.

Sawirrada buugga waxaa laga soo qaadey xerooyinka dadka soo barkacay ee waqooyiga Daar-fuur, waana haween iyo carruurtooda iyo weliba shaqaalaha caafimaadka ee dadaalka weyn ku bixinaya sii wanaajinta xaaladda nololeed ee daakan soo barakacay.

FSAU iyo UNICEF Somaliya waxay mahad balaaran u celinayaan taageeradii wasaaradda caafimaadka ee Sudaan iyo UNICEF Sudaan oo ay ka heleen ogolaansho naxariis leh in ay tarjumaad Soomaali ah ku sameeyaan walxahani (buugani).

Mahadnaq gaar ah

Waxaa laga-maarmaan ah in aan halkaan mahaduga soo jeedinno wasaaradda caafimaadka ee dowladda dhexe iyo tan gobolka iyo Hay'adaha ay ka mid yihii: Dhakaatiirta Aan Xuduudda Lahayn ee Spain (MSF-S), Hay'adda ka hortaggaa gaajada (ACF), Guddiga Caalamiga ah ee Badbaadinta (IRC) iyo GOAL iyaga oo looga mahadnaqayo taageradii iyo iskaashigii ay bixiyeen markii la quadayey sawirada ka buuxa bidaaqadaha kala duwan ee buugtan.

Waxaa iyana lagamamaarmaan ah in loo mahadnaqo haweenkii soo barakacay ee iyaga oo ku jiro xaaladaha ba'an haddana aan ka maagin in ay soo hor-istaagaan ama ay soo hor-fariistaan makiinadaha wax-sawira. Kuwaas oo dhammaantood ku hawlanaa waxqabadyo caafimaad si kor loogu qaado caafimaadka carruurtooda.

Hay'adda UNICEF -Sudan.



M4-1

Helping mothers learn how to take care of children in the feeding centers

We help the mother in washing her hands well with water and soap, especially:

- After using the toilet.*
- Before preparing food.*
- Before feeding the child.*
- After changing child's nappy.*

Hooyooyinka oo laga gargaaro barashada daryeelka carruurta ku jirta xarumaha quudinta

Waxa aan hooyada ka caawineynaa in ay si fiican ugu gacmo-dhaqato biyo iyo saabuun, gaar ahaan:

- Marka ay ka soo baxdo suuliga.*
- Ka hor inta aaney cuntada diyaarin.*
- Inta aaney ilmaha cunto siinin.*
- Ka dib marka ay ilmaha ka beddesho xifaayadaha xifaayadaha / markailmaha ay u nadiifiso.*



M4-2

*Ensuring continuous hygiene of the child by washing the hands and face
of the child with water and soap regularly.*

*Waxaa muhiim ah in si joogto ah loogu dadaalo nadaafadda ilmaha
iyo in looga dhaqo gacmaha iyo wejiga biyo iyo saabuun.*



M4-3

Teaching the mother how to prepare meals from the blended food for the children after discharged from the feeding centre and when the child has lost weight:

Recipe:

- *One cup of blended food.*
- *Three cups of water.*
- *Sugar and salt as desired by the particular individual.*

In la baro hooyada sida soor looga sameeyo cuntada iskushiidan si ay u karsato ka dib marka ilmaha laga saaro xarunta quudinta iyo marka ilmuhu Xanuun ka soo raysto.

Qiyaasaha:

- *Hal koob oo cuntada isku shiidan ah*
- *Saddex koob oo biyo ah.*
- *Sokor iyo cusbo hadba inta u qofku u baahan yahay.*



M4-4

How to prepare flour meal from the Blended Food

- 1. We add small amount of water (hot or cold) to the flour of the blended food.*
- 2. We mix the flour of blended food with the remaining water*
- 3. Keeping the flour meal on the fire for 5 – 10 minutes while stirring it.*
- 4. We can add some oil (with vitamin A), for more energy and better taste.*
- 5. Eating it while still warm.*

Habka loo diyaariyo soorta cuntada isku shiidan

- 1. Waxaan budada cuntada isku shiidan ku dareynaa xaddi yar oo biyo kulul ama kuwo qabo ah.*
- 2. Biyaha soo barey waxa aan ku qaseynaa budada.*
- 3. Soorta oo dabka ha sii saarnaato iyada oo la sii walaaqayo muddo 5 – 10 daqiiqo ab.*
- 4. Waxaa lagu dari karaa xoogaa saliid nooca lagu xoojiyey fitamiin “A”, waxaana arrintaas loo sameynayaa in tamar dheeri ah laga belo iyo in dhadhankeedu uu wanaagsanaado.*
- 5. Waa in soorta la cuno iyada oo diirran.*



M4-5

The health worker is encouraging the other to participate in preparation of porridge from the blended food, this is:

- *Mixing the ingredients.*
- *Continuously stirring until bubbles come out it.*
- *Making sure that food is protected from contamination.*

Gabadha shaqaalaha caafimaadka ah waxa ay ku dhiirigelisaa hooyada ka qaybqaadashada diyaarinta soorta laga sameeyo cuntada isku shiidan, taas oo ah:

- *Sida la isugu daro qiyaasaha la rabo.*
- *Sida joogtada ah ee loo walaaqo ilaa laga arko hawada ka soo baxaysa.*
- *Sida loo hubiyo in cuntada laga ilaaliyo wasakhoobidda.*



M4-6

Encouraging a mother to feed the child in the correct way by explaining to her the importance of flour meal and that it is a balanced diet for children older than six months, this means:

- *That it is rich in energy and protein.*
- *That it can easily be prepared.*
- *That it can easily be chewed, swallowed, digested and*
- *That it is easy to feed the child.*

Discuss with the mother about other recipes of meals that can be prepared from blended food, and encourage her to participate in discovering additional recipes from the blended food.

Hooyada oo lagu hannuuniyo in ay ilmaha u quudiso sida saxa ah iyo iyada oo loo sharxo muhiimadda soorta iyo sida ay ugu tahay cunto dheelitiran carruurta ay da'doodu ka weyn tahay lix bilood, taas oo micnaheedu yabay:-

- *In ay tahay mid hodan ku ah tamarta iyo borotiinka.*
- *In in ay tahay mid si fudud loo diraayin karo.*
- *In ay tahay mid si fudud loo calalin karo, loo liqi karo, oo u fudud dheef-shiidka, laguna dbergo.*
- *Kala sheekeyso hooyada siyaabaha kale ee loo diyaarin karo cuntada ka sameysan cuntada isku shiidan kuna dhiirigeli in ay ka qaybqaadato sameynta hab cusub oo loo diyaarin karo. Kasoo aan wax u geysanayn tayada cuntada.*



M4-7

Encourage the mother to stimulate, motivate and play with the child

- *For the child to regain physical and mental alertness*
- *To improve food intake*
- *To promote growth and development.*
- *Before she returns home, the mother can also be encouraged to make toys relevant to the child's age, from locally available materials.*

Ku dhiirigelinta hooyada in ay ka qaybqaadato dareen-kicinta iyo la ciyaarista ilmaha

- *Si u uu soo ceshado ilmaha firfircoonaantiisii jir ahaaneed iyo tii maskax ahaaneedba.*
- *Wanaajinta cunto-qaadashadiisa*
- *Kor-u-qaadista koriimadiisa iyo horumarkiisa.*
- *Waxaa sidoo kale hooyada lagu hanuunin karaa ka hor inta aaney gurigeeda ku noqon sida loo diyaariyo waxyaabo lagu ciyaaro oo si fudud looga sameyn karo agab laga heli karo degaanka kuwaas oo u habboon da'da ilmaha.*



M4-8

If the mother is having difficulties in breastfeeding:

- *Make every effort to convince her that she is capable of breastfeeding her child.*
- *Tell her to frequently breastfeed, day and night as frequency makes the breast to produce more milk.*
- *Encourage her to feed well and to take more fluids.*
- *It is also possible to help the mother to use tools that ease breastfeeding e.g. through tube and cup.*

Haddii ay hooyadu dhib kala kulmeyso naas-nuujinta:-

- *U hawlgal sidii aad hooyada uga dhaadhicin labayd in ay karto nuujinta ilmaheeda.*
- *U sheeg in ay marar badan nuujiso, habeen iyo maalinba si ay naasaha caano u yeeshaan.*
- *Ku dhiirigeli in ay wanaajiso wax cunisteeda iyo in ay badsato cabitaanka.*
- *Waxaa kale oo suuragal ah in hooyada lagu caawiyo isticmaalka qalabka caanaha socodsiiya ee la isticmaalo koobka iyo dhuunta/tubada.*



M4-9

Explain to the mother when she is supposed to bring the child back to the centre, i.e.

- *For routine visits*
- *For boosters and their importance when the child is sick.*

Explain to the mother the importance of following the instructions of the health caregiver, and taking the medicines according to the doctor's prescription.

U sharax hooyada waqtiga ay tahay in ay ku soo celiso ilmaha xarunta, si:

- *Loo sii wado booqashooyinka joogtada ah.*
- *Loo sii wado xoojiyeyaasha iyo sida ay muhiim ugu yibiin marka uu ilmuhu xannuunsan yahay.*

U sharax hooyada muhiimadda ay leedahay in sida ay tahay loo raaco amarrada dhaqtarka, iyo in dawada loo isticmaalo sida uu dhakhtarku ku taliyey.



M4-10

Home visits are important for:

- *Monitoring the improvement of the child's health, feeding, physical and mental development.*
- *Encouraging the mother to protect her child and continue breastfeeding*
- *Strengthening the relationship between the health centre and family.*

Booqashooyinka guriga waxa ay hubinayaan in:

- *Lala socdo soo kabsashada caafimaadka ilmaha, quudintiinta iyo horumarkiisa jir ahaan iyo maskax maskax ahaan.*
- *Lagu dhiirigeliyo hooyada in ay la ilaalso ilmaheeda iyo in ay socoto naas-nuujinta ilmaha.*
- *Xoojinta xiriirkka ka dhexeeeya xarunta iyo qoyska.*



M4-11

*Home visit help to encourage the mother and family to:
Correctly feed their children*

*Learn how to take care of children. Mother can also get good advice about
nutrition and health of their baby from the health centre.*

*Booqashooyinka guriga waxa ay wax ka taraan in hooyada
iyo qoyska lagu hanuuniyo in ay:
Si sax ah u quudiyaan ilmahooda.*

*Bartaan habka loo xannaaneeyo ilmaha. Hooyadu waxay xog habboon ka
belaysaa markay boogato xarunta caafumaadka*



M4-12

Make sure to give child extra clean water after every meal.

Whenever there is diarrhea give the child more fluids and continue with the normal diet.

Ku dadaal in aad siiso ilmaha biyo nadiifah oo dheeri ab ka dib marka uu wax cuno.

Haddii uu shubmo, sii ilmaha cabitaan dheeri ab una sii wad cuntadiisii caadiga ahayd.



M4-13

When it is time to go to bed, make sure you sleep under the treated mosquito net and use it the correct way, in order to protect yourself from malaria.

Waxaa la gaarey waqtigii burdada, ku dadaal in aad gasho marokaneecada iyo in aad u isticmaasho sida saxda ab si la isaga ilaaliyo duumada.