



Managing the severely malnourished child in the community
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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 hooyooyinka iyo aabbayaashuba ay guud ahaan haysato duruufo caafimaad oo daran. Iyada oo ay hooyooyinka iyo aabbayaashu ay dhibaatooyin daran ka haystaan caafimaadka carruurtooda, haddana dadka labada milyan lagu qiyaasey ee soo barakacay waxa ay badidoodu ku tiirsan yihiin 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 barakacay ee waqooyiga Daar-fuur, waana haween iyo carruurtooda iyo weliba shaqaalaha caafimaadka ee dadaalka weyn ku bixinaya sii wanaajinta xaaladda nololeed ee dadkan 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 yihiin: Dhakhaatiirta Aan Xuduudda Lahayn ee Spain (MSF-S), Hay'adda ka hortagga gaajada (ACF), Guddiga Caalamiga ah ee Badbaadinta (IRC) iyo GOAL iyaga oo looga mahadnaqayo taageradii iyo iskaashigii ay bixiyeen markii la qaadayey 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.



*Before feeding, we wash the hands of the child with
water and soap.*

*Inta aan la quudin ka hor waxa aan gacmaha
ilmaha si wanaagsan ugu dhaqeynaa
biyo iyo saabuun.*



*Before feeding we wash the face of the child
to make him vibrant and active.*

*Inta aan la quudin ka hor waxa aan si wanaagsan u dhaqeynaa wejiga
ilmaha si uu u dareemo nolol iyo firfircooni.*



Plumpy nut is therapeutic food for malnourished children, and they should not share it with the other children.

Plumpy nut waa cunto iyo dawo loogu talogaley ilmaha aadka u caatada ah, mana ahan in ay la wadaagaan carruurta kale.



A sick child does not have to follow strict feeding timetable:

We feed the sick child with small and organized meals of Plumpy nut and we encourage him to eat up to seven times in the day and night.

Ilmaha xannuunsan khasab kuma ahan in uu waqtiyo gaar ah wax cuno:

Waxa aan ilmaha xannuunsan siineynaa cunto yar oo habaysan oo Plumpy nut ah waxaana aan ku dhiirigelineynaa in uu wax cuno ilaa toddoba jeer maalintii iyo habeenkeeda.



*When feeding the child with Plumpy nut we make sure to give him
more clean water to drink.*

The child needs to drink more water than usual.

*Ilmaha innaga oo siineyna Plumpy nut waxa aan ku dadaaleynaa
in aan siino biyo nadiif ah oo uu cabbo.*

*Ilmaha waxa uu u baahan yahay in uu cabbo biyo ka badan
inta caadiga ah ee la cabbo.*



We use clean potable water, and it is a must that the water container is always covered.

Waxa aan isticmaaleynaa biyo nadiif ah oo la cabbi karo, waxaana waajib ah in mar walba weelka biyahu uu daboolan yahay.



We continue to breastfeed a small child until the age of two.

*Ilmaha yar waxa aan u sii wadeynaa nuujinta naaska
ilaa uu ka gaaro laba sano.*



*When the child is having diarrhoea, we continue to feed him normally,
we give him more food and more clean water.*

When the child is discharged from the feeding centre, we continue to give him porridge.

***Marka uu ilmuhu shubmayo waan u sii wadeynaa cuntadiisii, waxaana aan siineynaa
cunto iyo biyo nadiif ah oo dheeri ah.***

***Marka ilmaha laga saaro xarunta quudinta waxa aan u
bilaabeynaa in aan siino mushaari / soor.***

*Sick children are vulnerable to cold weather,
we make sure that such children are properly fed and always in a warm place.*

***Carruurta xannuunsan waa kuwo u nugul qabowga, waa in aan ku dadaalnaa
quudinta ilmahaas iyo in ay ku negaadaan meel diirran.***