

TWINS GOT NOURISHED THROUGH COUNSELING MNCH SERVICES

Over View:

Sadia 29 years belongs to Machi khel a sub tribe of Mehsud in Sararogha Tehsil, South Waziristan agency Federally Administered & Tribal Area FATA Pakistan. She was displaced in September 2009, when the operation started against the militants and anti-state armed groups in the region. Now she returned with family to her native area. Currently she lives with her husband, 3 sons and 2 daughters in village Guri khel. BHU Umaraghzai is situation in remote area of Tehsil Sararogha and the area was de-notified in June 2016, after the return of TDPs to their native lands, SHED was assigned the task to provide PHC, MNCH and psycho-Socio supports the deprived families. After repatriation Sadia came to know that SHED has been providing health services in the nearest health facility. She visited BHU Umaraghzai on Aug 22, 2016 on Monday along with her family members and find out the way of her problem from the services of SHED's team.

Counseling and Provision of MNCH Services, Resolved the Sadia's Burning problem

Sadia visited the Lady Health Visitor (SHED representative) room for post-natal checkup while holding twins in basket (used for carrying infants).

A formal discussion held with the patient, she told to LHV that we have already faced many adversities during and after displacement, we are indulged in various socio and economic problems. My husband used to work as a daily wager and having very poor economic status. We are not in position to afford expensive medicines; we need your support further she added that she has been suffering from uterus bleeding since two months. SHED's LHV examined the patient keenly and the medicine was advised afterwards with the consultation of Medical Officer. The patient also shared with LHV that I have insufficient breast milk for my newly born kids because that their health has been falling day by day so I opt to feed them cow milk. LHV emphasized that cow milk create mal-nutrient problems in infants so it is not feasible for your



kinds health. The mother's should feed breast milk to kids up to two years and additional supplements should be provided after two years age.

Sadia was briefed on the ideal and exclusive breast feeding techniques and methods and how to reproduce breast milk by taking good and hygienic food. Newborn babies need to feed on demand which is usually 8 to 12 times in 24 hour period for the first two to four weeks.

If your baby is sleeping and does not show feeding cues in or after three hours during the day, try to wake your baby. LHV added. During the newborn period and early days, most of the breastfeeding sessions take 20 to 45 minutes because newborn babies are often sleepy, this length of time may require patience and persistence. Feed on the first side until your baby stops suckling, hands are no longer fisted, and your baby appears sleepy and relaxed. When these occur, break the suction, lift your baby and try to burp the baby and then shift to the other side. Continue to feed your baby until he/she stops the feeding at the second breast.

While most babies will feed from both breasts at each feeding in some cases babies will be satisfied after one breast. Watch for long, slow sucks with swallows. LHV also motivated Sadia that the Caring of more than one baby is very challenging task that requires a lot of time, energy and patience. Breastfeeding can be a less expensive and convenient way to feed your babies, once you ease into the routine your milk supply will be plenty as long. You must take extra caloric food for production of breast milk.

Sadia's Thanking Remarks for SHED Team Members

"I am feeling happy that my kids are getting breast milk for their better health; I have also adopted the habit and method which was advised by SHED team members during the counseling sessions, at initial stage my uterus bleeding treated by the provision of proper medicines which was a great problem for me from many months. On the other hand I continued the ideal breast feeding and my mal-nutrient children got nourished, my kids were examined during the counseling sessions which encouraged me to do more efforts. Thanks to the SHED's health team for bringing health facilities at our door steps. I will also educate the mothers on ideal breast feeding especially the ones who are bound to come for proper and regular medical examinations"

