



Ramadhan in Kenya

Ramadhan is the ninth month of the Islamic calendar. It is the Islamic month of fasting, in which participating Muslims refrain from eating, drinking and other



related activities from dawn until dusk. During this month, IRK gave food packs to those Muslim brothers and sisters who are needy/poor/disabled who can't get something to feast on at sunset during the fast-breaking meal known as *Iftar*. Each food pack contained: 9 kg Rice, 2 kg Sugar, 2 kgs beans, 4 Kgs wheat flour, 1 litre cooking oil.

The benefits of child breastfeeding



Marium Daud holding her exclusively breastfed son 6 months old Ibrahim in Wagalla Village, Wajir West District.

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Marium Daud is a 20 year old mother of 3 children. She is married to Ibrahim Guliye. They rely on relief foods and handouts for their livelihood. Marium is a member of mother to mother support group and she benefitted from Islamic Relief Nutrition program (SFP) when she was expectant.

Marium's other two children were delivered at home with the assistance of Traditional Birth Attendants and relatives despite having a nearby health facility. She says all her children were given milk immediately after birth; the birth attendant insisted making her believe that she did not have enough milk for the baby. As a result, they suffered frequent episodes of upper respiratory infections, colds and diarrhoea this lead them to losing more weight becoming weaker and weaker, making trips to the hospital frequent.

It is during her many trips to the hospital that she was empowered. One of the community health worker explained to her the benefits of hospital delivery which intrigued her to want to learn more since she was now expecting her third child. The health worker informed me of the breastfeeding groups to be formed and volunteered to join since i was expecting Abdullahi and did not want him to be sickly like the other children. She expressed her interest to join the group. Says she "We have since been taught so many things from importance of breastfeeding, complementary feeding, maternal nutrition, importance of hospital delivery and hygiene. I don't regret having joined the group because I realized the importance of such trainings. We have been rooted so much into myths because of lack of knowledge".

Marium is a much happier and proud new mother now since her child is very healthy through exclusive breastfeeding. She says that she has never given her baby even water since delivery and only visits the hospital for immunization packages. When comparing her children she says that her son Abdullahi is not sickly as the other two when they were younger.

Even with the latest Act on Breastfeeding, this trend is bound to go on and benefit the children.

Marium intends to share the information that she has acquired to her community members as she says it has been of much benefit to her.

Ramadhan 2012 Pictorials

Mandera Field Base



Mama Hereda taking her Ramadhan food packs home.



Mama Hereda and her children waiting the Azan to break the



Mama Hereda prepping for Iftar for her family.

Wajir Field Base



Beneficiaries waiting to receive food packs.



Kalsuma Sheak Abdi, signing on receipt of her food pack.



Ramadhan Distribution at Wargadud site

Garissa Field Base



Islamic Relief Kenya is dedicated to alleviating poverty and suffering of the world's poorest people.

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Kirichwa Road, Off Ngong Road,
P.O.BOX 417-00202 (KNH),
Nairobi,
Kenya.

Phone: +254-20-2726282
Fax: +254 -20-2726283
E-mail: info@islamic-relief.or.ke
www.islamicreliefkenya.org

Islamic Relief Kenya is a humanitarian and developmental organization with a mission to alleviate poverty and suffering as well as to provide emergency relief.

The 2006 Horn of Africa drought inspired the birth of IRK in Mandera County, in Northern Eastern Kenya. Since then IRK has been providing humanitarian and developmental assistance in the Northern Region; having extended its programme to Wajir and Garissa Counties in 2010 and 2011 respectively. Currently our major initiatives include Health and Nutrition, Water and Sanitation, Livelihood, Child Welfare, Emergency Response, Environmental Conservation, Education and Seasonal Programmes.

The North Eastern region in Kenya is an arid area known for devastating famine; drought and high levels of starvation, which result in rampant malnutrition. Additionally the region is characterized with flash flooding followed by outbreak of diseases like diarrhoea and cholera that have over the years claimed many lives. The region is also the least developed in the land; with poor infrastructure and undeveloped/lack of social amenities like schools and hospitals. It is for these factors that Islamic Relief has engaged its programmes to the Northern Region of Kenya.

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