



- Feeding babies back to health
- Quiz: Are you burned out on your job?
- Benefits of child breastfeeding
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- Season's Greeting - Easter is Here!!

## Feeding babies back to health.

Fatuma is a 25-year-old mother-of-six. Her youngest child, Malyun Ali is currently being treated in the Islamic Relief's therapeutic feeding programme in Kenya, which is funded by [ECHO](#) and [UKAID](#).

The residents of Karo village in Mandera, Kenya used to make their livelihood from livestock, but with the onset of drought and severe climatic changes, most of their cattle have died out, and with it their livelihoods.

Fatuma explained, "I was first enrolled in this programme when I had my first pregnancy; there was a severe drought by then in this region, my husband lost his cattle. We had to entirely depend on Islamic Relief to provide *uji* (porridge) and oil. I was very grateful as I remained healthy and was able to give birth to my first child and since then I have been benefitting from

the programme. My youngest child is also in the programme now."

When Malyun was admitted into the programme, she had a mid-upper-arm-circumference of 11.2cm, which is how malnutrition is measured in babies. Infants with an arm circumference



Mrs. Galgalo (IR Staff) taking MUAC of Mrs. Fatuma's child

of less than 11.5 have a much higher risk of dying. After one month in Islamic Relief's programme, Malyun now has an arm circumference of 11.4cm and will keep improving until she is discharged in good health; in around one month's time.

Fatuma explained, "I cannot explain in words how life would be for me for my children and I [without this help]. Sometimes we have no food and sleep on empty stomachs-life is difficult. But Islamic relief comes here every Tuesday. Their help has helped sustain my children, who are now growing healthily.

She added, "I wouldn't even have given birth to my children [without them]- I was enrolled in the programme during all my pregnancies and after giving birth. I am very grateful."

Fatuma is also a member of the mother-to-mother support group, which provides nutritional training to parents and allows women in similar situations to share with and learn from each other.

## The benefits of child breastfeeding



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

*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 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.

## Quiz: Are You Burned Out on Your Job?

It's been a while since you've felt the exhilaration that comes with starting a new job. And you're wondering: "Has that professional spark been extinguished or is it flickering faintly, waiting to be reignited?" Take this quiz to help you identify if what you're feeling is a temporary heat wave or the telltale signs of total burnout.

- 1. Are you burned out or just exhausted?** "Take a real vacation to find out," says Rena Lewis, senior vice president for Lee Hecht Harrison, a job search, consulting and career management firm.  
**Burnout:** If you dread returning to work, you may be burned out.  
**Temporary Heat Wave:** If you come back rested and recharged, you just needed a well-deserved break.

[Read more here >>>>>>](#)

## IRK expands to Daadab.....

The Dadaab Refugee Camps have been in existence since 1991 and has hosted refugees of different nationalities, but mainly Somalis. The new Health & Nutrition program in Dadaab refugee camp (Fafi & Lagdera) started in March 2013. The project has received funding from UNHCR. IRK is tasked to providing clinical services inclusive of outpatient consultations, maternal and child health services, EPI, Mental health care, SGBV, HIV/TB and in-patient care, SFP, OTP, Community Health Programme, in line with the National Community Health Strategy.



**In other news.....**

***Above: Daadab at a glance***



***A measles campaign exercise***

- The new IRUSA Funded Livelihood/DRR Project is underway in Wajir & Mandera.
- The Communication team welcomes all the new IRK staff to the family.....we wish you well and best results on your various job capacities and undertakings!
- We also congratulate all the new mothers (Mary Mbiti, Zeituni Aftin and fathers Benard Kimani). Parenthood is fun, enjoy it!

## Easter is Here!!



Easter is a time for hope, renewal of spirit, rekindling of faith and rejoicing in the triumph of the Lord. It is also the time to reach out to our loved ones and come together to celebrate this joyful time.

May your basket be full of blessings this Easter.

HAPPY EASTER!!



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

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.

IRK is thus dedicated and committed to reconstruction of community livelihoods through direct contacts with the communities and positively contribute towards improving the living standards and conditions of those adversely affected by disasters and conflict in the Horn of Africa.

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