



BREAST FEEDING – THE FOUNDATION OF LIFE.

Breast feeding is one of the most amazing things that exist in nature. Virtually all mothers can breast feed, provided they have accurate information, and the support of their family, the health care system and society at large.

The Importance of breastmilk cannot be over emphasized, as it is not beneficial to the baby alone, but also the mother. Its benefits extend well beyond basic nutrition.

Colostrum, the yellowish, sticky breast milk produced at the end of pregnancy, is recommended by WHO as the perfect

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HIV/AIDS PREVENTION AND EMPOWERMENT PROJECT FOR YOUNG PEOPLE AND POSITIVE MOTHERS IN OBI COMMUNITY (HAPPY!) PROJECT

In Obi community, the HAPPY! Project team continued most of the activities from July 2018 with HAPPY! Club activities (in-school and out-of-school) with a total of one thousand, four hundred and forty six (1446) Adolescents and Young people in attendance; in-school HAPPY! Clubs with a total of One Hundred and Six (106) Adolescents and Young people in attendance, and community-based (out-of-school) HAPPY! Clubs with a total of One thousand, four hundred and forty-six (1446) Adolescents and Young people in attendance. Enrolled and referred with linkage a total number of one hundred and ninety-nine (199) AYPs for HIV testing with 120 of them presented for testing; all results retrieved (120 negative, 0 positive).

Conducted fourteen (14) Monitoring and Technical visits to the COMETs in the following

communities: Tudun Adabu, Oriso, Oleye Okapa, Oleye, Agada (I & II), Tudun Adabu, Orizo Agwabo, Igibi and Agwatashi village.

A Needs Assessment/feasibility survey was conducted to assess the tendency to thrive of some vocational skills intended for the positive mothers and other beneficiaries of the HAPPY! Project to be trained on in Obi and Gidan Ausa (I&II). COMETs were mobilized for a meeting to review the month's activities and give feedback to ensure continuous improvement of several aspects of the project in Gwadenye community with one hundred and eighty-nine (189) participants of different age groups in attendance. This figure represents a 26% increase in the average attendance of the prior 3 months. Sixty-seven (67) questionnaires were administered on Periodic Learning and Behavioural Change to members of HAPPY! Club equivalent to 42% of target

A Memorandum of Understanding (MOU) was signed with two (2) PHCs (PHC Gwadenye & PHC Agwade) as referral facilities for HIV testing and Counseling, assess learning and behavioral change of the



HAPPY! Club session in one of the community under coverage



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adolescents in addition to organizing a Town Hall Meeting in a community along the Obi II axis. The team also ensured the implementation of the same. At the Abuja office, the team installed SPSS on some computers in preparation for conclusion of the baseline evaluation data entry and analysis.



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food for the newborn, the baby can get this within the first hour after birth. Which is why all mothers are advised to nurse their babies within this time. Exclusive breast feeding is also recommended up to 6 months of age, with continued breast feeding along with appropriate complementary foods up to two years of age or beyond.

In addition to containing all the vitamins and nutrients babies need in the first six months of life, breast milk is packed with disease-fighting substances that protect your baby from illnesses. The reason pediatricians recommend **exclusive breast feeding for the first six months of birth** (although any amount of breast feeding is beneficial). "Exclusive breast feeding (meaning no solid food, formula, or water) for at least six months seems to offer the most protection". -BabyCenter Medical Advisory Board.

Numerous studies from around the world have shown that stomach viruses, lower respiratory illnesses, ear infections, and meningitis occur less often in breast-fed babies and are less severe when they do happen), because the antibodies in breast milk give a baby's immune system a boost.

Breast feeding can also give children protection against a host of diseases that strike later in life, such as type 1 and type 2 diabetes, high cholesterol, certain childhood cancer, and inflammatory bowel disease. Premies (children born prematurely) when given breast milk as babies are less likely to have high blood pressure by the time they're teenagers. While babies who are fed formula rather than breast milk don't get this layer of protection, so they are more vulnerable to inflammation, allergies, and other eventual health issues.

Breast feeding may boost your child's intelligence. Various researchers have found a connection between breast feeding and cognitive

development. In a study of more than 17,000 infants followed from birth to 6 1/2 years, researchers concluded from IQ scores and other intelligence tests that prolonged and exclusive breast feeding significantly improves cognitive development. Also, the emotional bonding that takes place during breast feeding probably contributes to some of the brainpower benefits, but that the fatty acids in breast milk may play the biggest role.

Another study of almost 4,000 children showed that babies who were breast-fed had significantly higher scores on a vocabulary test at 5 years of age than children who were not breast-fed. And the scores were higher the longer they had been nursed.

Preterm infants with extremely low birth weight who received breast milk shortly after birth, improved their mental development scores at 18 months when compared with preterm infants who were not given breast milk. In a later study, researchers found that the higher scores held at 30 months, and that the babies who received breast milk were also less likely to be hospitalized again because of respiratory infections.

An analysis of 17 studies published in the American Journal of Epidemiology shows that breast feeding reduces a child's risk of becoming overweight as a teen or adult. The strongest effect is in children who were exclusively breast-fed, and the longer the baby was breast-fed the stronger the link.

The National Institutes of Health reviewed more than 9,000 study abstracts and concluded that women who did not breast-feed or who stopped breast feeding early on had a higher risk of postpartum depression. Many women report feeling relaxed while breast feeding. That's because nursing triggers the release of the hormone oxytocin. Numerous studies in animals and humans have

Hello Dear Family and Friends,

It is both an honor and a privilege to introduce you to another edition of our newsletter. The August 2018 edition.

Stated herein are some of the activities we had at the cause of the month. This edition will enlighten you on the importance of Breast Feeding. **The world breastfeeding week** was observed on the 1st to 7th of August, with the team "foundation of life". Kindly go through the article (**BREAST FEEDING- THE FOUNDATION OF LIFE**) for details.

Captured also, are highlights of some of the OVC (Orphans and Vulnerable Children) interventions under PEPFAR funded ACHIEVE project of Institute of Human Virology, Nigeria (IHVN), and HIV/AIDS Prevention and Empowerment Project for Young People and Positive Mothers (HAPPY!) Project in Obi community of Nasarawa State.

Together with you, we shall translate the strategic objectives to tackle, in an effective way, the menace of community, household, adolescents, and children vulnerability conferred to CFHI into a reality.

Happy reading!

Princess Osita-Oleribe,
Director, CFHI.

found that oxytocin promotes nurturing and relaxation. (Oxytocin released while nursing also helps the uterus contract after birth, resulting in less postpartum bleeding). Another study found that women who had high amounts of oxytocin in their system (50 percent of breast feeding mothers as opposed to 8 percent of bottle-feeding mothers) had lower blood pressure after being asked to talk about a stressful personal problem.

Breast feeding may reduce risk of some types of cancer. Numerous studies have found that the longer women breast-feed, the more they're protected against breast and ovarian cancer. For breast cancer, nursing for at least a year appears to have the most protective effect.

It's not entirely clear how breast feeding helps, but it may have to do with the structural changes in breast tissue caused by breast feeding and the fact that lactation suppresses the amount of estrogen the body produces. Researchers think the effect on ovarian cancer may be related to estrogen suppression as well.

The life-long advantages of breast feeding are enormous, and the evidence of exclusive breast feeding starting from birth as the basis of early childhood development is indisputable. Therefore, every breast feeding mother should be encouraged, as to where, how and when she chooses to breast-feed her child.

THE ACHIEVING CONTROL OF HIV/AIDS EPIDEMIC THROUGH EVIDENCE (ACHIEVE) PROJECT

“One of the most important things you can do on this earth is to let people know they are not alone.” -Shannon Alder. The ACHIEVE Orphans and Vulnerable (OVC) team, in the month of August, continued with activities of providing care and support to assess, enroll and provide interventions to

vulnerable children infected and/or affected by HIV & AIDS under the age of Eighteen (18) and their households in AMAC. The services include advocacy and sensitization on reduction of stigma and discrimination towards vulnerable children and their households within their communities, health education interventions at community and household levels, establishment of functional child protection committees and networks at Local government and community levels, provide educational services tailored to the needs of beneficiaries, provide and maintain shelter and care services, map communities and provide available economic resources and opportunities, as well as develop a referral system linkage to other beneficial services.

CFHI's ACHIEVE team, were able to reach 22 (Male-15, Female-7) children with Psychosocial support in Utako community, 350 (Male- 180, Female- 172) adolescents across three communities; Dape, Utako and Angwa Sayawa with life skills support, career mentoring and counseling, 290 (Male-26, Female-264) caregivers across three communities; Dape, Utako and Angwa Sayawa received training on better parenting.

The team educated two hundred and thirty (230) caregivers across two communities on the benefit of keeping their environments clean and how to develop a healthy lifestyle. Food demonstration was conducted in Dape community, in which one hundred and six (106) caregivers were taught and encouraged to use locally available, affordable and nutritious food to feed their families healthy. A total number of ninety (90) children below the age of five years received deworming tablet, vitamin A supplement. Also, growth monitoring was conducted of which 84 were normal, 5 were moderately malnourished and one was severely malnourished. Two Community Protection Committees (CPCs) were inaugurated in Tudun-Wada and Sabo Lugbe, Adolescent Girls and Young Women (AGYW) meetings were inaugurated in Paipe, Old Karimo and Angwa Sayawa and 27 household and 50

vulnerable children from Angwa Sayawa, Sauka, Sabo-Lugbe, Deidei and Kapwa communities, received clothing materials from the cloth drive carried out under Child Protection/Shelter and Care.

Also in the month of August, ninety seven (97) beneficiaries were empowered financially to either startup or support their businesses, one hundred and twenty one (121) older adolescents across four communities; Guidna (38), Jahi (35) Gishiri (31), Kabusa (17), were trained in various skills. Ninety eight (98) were trained on pastries, sixty nine (69) trained on tie and dye, twelve (12) trained on make-up and tying of gele, while twenty three (23) males are currently undergoing apprenticeship on the techniques of hair barbing. They would be graduating on the 14th of September 2018, and will be provided with the basic materials needed to startup a hair barbing business. HIV/AIDS risk assessment was also conducted for Vulnerable Children with unknown status – 355 (M=176, F=179).



HES Empowerment at Guidna community



Adolescent Skill Training at Jahi community where young boys were registered at a barber salon to learn to cut.



HES Empowerment at Jahi community



HES Empowerment at Kabusa community



Adolescent Skill Training at Guidna community where Tye & Dye was taught.



Adolescent Skill Training at Guidna community where Tye & Dye was taught.



Adolescent Skill Training at Kabusa community with one of the participants trying out the make-up process being taught.



One of our beneficiary Emmanuel facilitating the Tye & Dye training in Guidna and Jahi community .

Interested in helping in any aspect of our work



Persons interested in donating to our activities, offering volunteer services or partnering with us, are always welcome. All CFHI's projects are community based and family-centred, so that our beneficiaries are reached with activities that proffer sustainable solutions.

Therefore, individuals or groups concerned with improving community health, sustainable socio-economic empowerment and the development of family-centred policies should please:

Donate to our causes (more information about our causes can be found on our website)

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