

Changing for the better

“A PANITA member successful exclusive breastfeeding Story”

Zalia Seif is a resident of Chienjere village in Ruangwa District. She is one of the mothers attending the practical Positive Deviancy (*mchepuo chanya*) sessions and was taught about the importance of exclusive breastfeeding.

She confessed that no woman in her entire family ever practiced exclusive breastfeeding, this is due to the fact that women in the community believed that if a child is crying regularly is an indication of hunger which shows that breast milk is not enough and extra food was needed.

Zalia is among the lucky women, she got information about exclusive breastfeeding soon after she gave birth to her child and was invited to join the Mother to Mother Support Group.



Zalia, her mother and other participants during the session

She is testifying that the support received from her fellow mothers and the knowledge from Positive Deviancy sessions, helped her to breastfeed her child for all six months without giving anything “even water”. She is now happy, confident and willing to educate other women on possibility of exclusive breast milk, starting with her own relatives who failed to breast feed their children including her own mother.

“It is possible to exclusively breast feed even if you’re away from home for some hours, all you do is expressing the breast milk and leave it to the care giver” She added

On the 5th day of the session, Zalia invited her mother, the grandmother and a care giver to her child to attend the session so that she can also learn. Knowledge to grandmothers is important because older women in their community are the ones who decide when to initiate complementary feeding. Zalia believed that if her mother is educated she will support her in exclusive breast feeding and educate other women in the family and eventually the whole community.

The grandmother attended the session she was very happy to get new knowledge, her grandchild was 2 months old and promised to support exclusive breast feeding for the first six months.



Zalia Mother second right reading the Bango Kitita during the session.

Pictures by; Ruangwa Organization for Poverty Alleviation (ROPA) PANITA Member Ruangwa, Lindi (2016)

“I am very happy to get the lesson on exclusive breast feeding and preparation of some food for children, my grandchild will be raised in appropriate way and I will support my daughter during the whole period of breast feeding” The grandmother said.



Zalia Seif breast feeding her child during the session of Positive Deviancy Health

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Zalia’s Grand mother***