Clean, Clear Water

EPRC, Bangladesh: This water project, funded by Esther Lazarson of New York, is now in its 19th phase. The recent report indicates that they have installed 7 new tubewells serving an additional 1250 people, 300 of them children. Three of the wells were financed by Maryland Presbyterian Church. These folks all live within 50 meters of the wells, and so carrying pots on their heads, leaving their toddlers tied to bedposts, and walking to the dirty water river is not necessary any more and they are very grateful.

The total number served now since the project began in 2003 is over 40,000. Some of the funds were used to install latrines for very poor families to prevent open defecation. Other EPTC funds were used to continue classes for school children unassisted by the government and for education of women since they were now free from carrying water from the river. A volunteer group from each option area, called Women for Environment and Livelihood (WEL) was formed to overlook care of the tubewells as well as being instructed in sanitation and health.

Make it at Home

Sometimes it’s not possible to go to the store when your child is having diarrhea. And of course you don’t want your precious one to get dehydrated. So here is the recipe for ORS.

Feed even if the child is vomiting, just give by spoonful, a little at a time. And continue to breastfeed.

A good suggestion is to have a supply of ready-made ORS on hand also. Pedialyte is readily available, or we would like to recommend that you order some CeryLyte from ceraproducts.com.

But you can’t beat the price for the home-made!

Oral Rehydration Solution

- 1/4 tablespoons of granulated sugar
- 2 cups of water
- 1/2 tsp. salt

Instructions:
Mix well sugar, water, and salt together. Drink enough to replace the amount of fluid lost. Banana or other non-sweetened mashed fruit can help provide potassium.

One Program, Ten Years Later, Hundreds of Lives Changed.

The Child Health Foundation gave a $5,000.00 one-time grant to a Nigerian initiative in 2006 that promotes healthy practices. The Sweet Mother program has reached nearly 2,000 women and is still going strong. This is what CHF does.

The following is from a 2008 newsletter.

Eclipse Development Initiatives finalized their Sweet Mother Program, empowering parents and families with knowledge, resources, skills and behavior to ensure safe motherhood, healthy children and a good start in life for newborns. They used counseling sessions and visual and auditory aids to promote breastfeeding, immunizations, and oral rehydration therapy, and treated bed nets to prevent malaria.

All reports herein are available on our website and more complete reports can be sent to you if you request them.
EDT organises HIV/AIDS awareness training programme

A non-governmental organisation, Elude Development Initiatives (EDI) has embarked on a five-day training programme for some 600 community health workers in Lahug, Cebu.

According to the Executive Director of EDI, Mr. Henry Orville, the programme was held in coordination with the Department of Health and the Cebu City Health Development Office.

The aim was to train animators who will go out and spread awareness about HIV/AIDS and its devastating effect on the country. By using the "train the trainers" approach, the animators will then be able to reach out to their communities.

The training programme covered topics such as the mode of transmission of HIV/AIDS, risk reduction, and the importance of using condoms.

Orville added that the training programme was part of the organisation's ongoing efforts to educate the public about HIV/AIDS.

"Our goal is to train animators who will go out and spread awareness on HIV/AIDS," Orville said. "We want to ensure that the message reaches as many people as possible."
Nigeria

University of Ibadan, Dept. of Nutrition (2009 Grant) used their grant to educate pregnant mothers on exclusive breastfeeding, immunizations, and micronutrients. Four rural areas were selected for the project, reaching 5,000 people.

The project was divided into 3 phases. First a survey was done involving 339 mother/child pairs. Then the nutrition education phase which used innovative methods such as drama, focused group discussions, audio-visuals, and posters such as the one above. The 3rd phase was a monitor of growth.

Education focused on teaching pregnant and lactating mothers exclusive breastfeeding, immunization, micronutrient supplement availability and sources, hygienic environment and the provision of care for their children, using community drama, focused group discussions and audio visuals in their local dialects.

They also provided skills training for 50 women for income generation to overcome poverty. We are pleased with this very fine report and the accomplishments.

Eclipse Development Initiatives (2006 grant) finalized their Sweet Mother Program, empowering parents and families with knowledge, resources, skills and behavior to ensure safe motherhood, healthy children and a good start in life for newborns. They used counseling sessions and visual and auditory aids to promote breastfeeding, immunizations, and oral rehydration therapy, and treated bed nets to prevent malaria.

See newsletter 2/08 for more description of this very successful project.