



End of year report

2015 Project

Asociación Familia Padre Fabretto de Nicaragua

Construction of a center to support pregnant women and
mothers with young children in Madriz, Nicaragua:
An initiative to promote maternal health self-care, early childhood
stimulation and the prevention of malnutrition in children



Project details

1. Please summarise in a few words the project supported by TFWA CARE, including the principle objectives and duration.

Fabretto did not have a center with the proper physical conditions and equipment where mothers, fathers, and children could gather. This has been made possible through the Nuria García Project. The infrastructure helps to improve the community in general and also will be an assembly point for its inhabitants for meetings, medical clinics, and vaccinations (when the Ministry of Health carries out the national immunization days).

This work represents a step forward in the development of a highly vulnerable community where less than fifty percent of the population has access to basic services, health, education, electricity, and water infrastructure and most families live in extreme poverty. The right to education and information is a recognized human right and basic and adequate infrastructure needs to be available to children and adults. The construction of this center, which will serve pregnant women, mothers, and their children, was a real need in the area. The precarious conditions in which the meetings were being held in the community directly influenced an individual's ability to attend conferences and trainings. In most cases, community spaces are provided by a community member but they typically do not provide the basic conditions necessary to give educational lectures on health and nutrition.

During the reporting period, the workshops and trainings have occurred in the communities as the center was not yet completed. Trainings and workshops were provided on numerous topics, such as good hygiene practices, postpartum health, nutrition, and early stimulation.

2. What activities were carried out within the scope of the project over the course of the year?

The project's expected result was 105 mothers and 60 children

- Built center equipped to care for pregnant mothers and young children
- Designed and currently implementing a plan of training health promoters with the PROCOSAN (the Ministry of Health's Community Program for Health and Nutrition) methodology. 60 mothers helped the health promoters during

the reporting period and now serve as more informed members of their community and can serve as resources.

- The health promoter helpers, coupled with the health promoters, completed 18 visits (5 different communities) to meet with mothers of the communities.
- 110 mothers benefited from training sessions in their communities
- Parent workshops attended by 86 parents (14 fathers and 72 mothers)
- 8 children were diagnosed with varying levels of malnutrition including severe protein–energy malnutrition (Kwashiorkor) and were provided with a package of food

Evaluation

3. Has the project been successful? Please outline the success factors for each objective as well as the challenges encountered and solutions adopted to overcome them.

The project has been a success. The construction of the building has permitted the gathering of mothers, fathers, teachers, promoters, community leaders, and the children themselves in appropriate conditions that allow them to be part of educational activities in their communities. Topics are selected based on priorities and in many cases have been selected in the previous meeting by parental request. The center provides an alternative to home visits to families where the priority is the personal attention. During a visit to a home, the talks are aimed at the problems of that home.

Carrying out community projects is a challenge because the community is the primary link of all participatory process of interpersonal cohesion and shared feelings. The community level accompaniment of Fabretto improves the quality of life of people as well as promotes development on a familial and social level. The experiences exchanged during meetings, training, and talks facilitate the improvement of the execution of activities with the community in general. At the end of each of the home visits, feedback and systematization of the content of the actions executed takes place.

Mothers are not the main health promoters but instead another important agent of change for themselves, their children, family, and community. The promoters agree that activities with mothers and children are the most important part of health work in communities and because women and children constitute more than half of the population. Also, both have special needs in terms of health, mothers and older

children are usually caring for babies and young children whose needs are the greatest of all.

Objective 1: Build a center where Fabretto can promote the care of pregnant mothers and young children

- Built center in Cusmapa, Madriz that is currently being used by the beneficiaries.

Objective 2: Strengthen individual and collective capacity of the beneficiaries in the community to maternal health self-care the health of mothers and children

Health Promoter Trainings

- Designed and currently implementing health promoters workshops that cover multiple topics, such as the importance of nutrition, hygiene habits, breastfeeding, oral health, and early stimulation
- Community health promoter attendance and involvement at training workshops have been challenges

Health Promoter Home Visits

- 110 mothers benefited from health promoter home visits
- Health promoters travelled to provide talks to different communities every 2 weeks, totalling 18 visits during the reporting period

Parent Workshops

- Coordinated parent workshops that were attended by 86 parents (14 fathers and 72 mothers) on the following topics:
 - o Importance of early stimulation and subsequent education
 - o Diversification of crops in home gardens towards improving food and nutrition included the distribution of different vegetable seeds
 - o Management and proper disposal of solid and liquid waste
- It has been a challenge for parents to apply and take ownership of the information after attending the sessions

Objective 3: Prevent malnutrition of young children in rural areas

- Provided trainings to parents on hand washing, preparation of balanced meals, proper management of garbage and other waste, hygiene in the home, age appropriate foods, household animals and diseases transmission
- Fabretto distributed packages of food to children with varying levels of malnutrition. Note that there is no evaluation before and after the nutritional status of children; therefore it is not feasible to make a comparison on the basis of improvement. Intervention occurred in a timely manner through small food packages, not permanently ensuring food.

- Selecting the children and pregnant women with poor nutrition has been difficult. Once chosen, they receive a food package that attempts to improve their state of malnutrition

Objective 4: Reduction of health incidents of mothers during the postpartum period

- Health promoters provided talks to women on prenatal and postpartum care.
- Promoters learned that many women have minimal information about the importance of the relationship between mother and baby and prenatal and postpartum care

4. Did the work accomplished this year help you learn lessons that will benefit future work?

The design of the training was developed after identifying needs and prioritizing the contents according to the importance of the subject. Training the promoters is how we attempt to assure effective replicas. Through increased knowledge and encouraging good habits, we are helping communities improve and positioning them to be better in the future. These are important elements for reducing problems of preventable diseases and malnutrition.

Parent workshops, used in part as a community building strategy in early education, have been effective and fruitful with the participation of 86 parents (14 fathers and 72 mothers) during the reporting period. Fabretto is expecting to continue to provide these parents workshops beyond the duration of the project due to success.

Sustainability

5. How has the project had a positive impact on the community/ies at the core of the project and what will be the long term benefits? Please explain if the project has helped empower the beneficiaries by providing greater autonomy.

The project up to this point has achieved many things, including helping to contribute to the process of change in habits and lifestyles of families, which Fabretto hopes will be a long-term positive impact. Increased parental involvement before pregnancy and during the early formative years is the foundation of all learning processes and education. Although the outcome of this project will not be



observed immediately, the skills developed in our children during the early stimulation sessions will be demonstrated.

It is also important to recognize that mothers have been sensitized on various issues and this should generate positive changes at the individual, family and community level as training activities for mothers (mostly) have been an important factor in the change of daily life. Mothers have assumed their role as an educator, which impacts activities inside and outside the home, creating an educational presence in their social environment. The grouping of several mothers in one place has helped develop a higher quality service.

6. Will the project continue in the future or is it now complete? Will further funding be required in the future to complete the work? Please indicate if the initial funding request was a multi-year project.

The project has been completed; funding was only for construction, equipment and training. Fabretto continues with its own funds and is making arrangements with other donors for parents to receive training or lectures, as well as support children with malnutrition problems or disabilities.

Finance

7. Please provide a summarised breakdown of how TFWA Care funds were utilised for the project.

Pictures

CARE

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Objective 2: Strengthen individual and collective capacity of the beneficiaries in the community to maternal health self-care the health of mothers and children



Objective 3: Prevent malnutrition of young children in rural areas



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