TRANSCRIPT FOR "FEEDING A RECOVERING CHILD (GRANDMOTHERS AND FATHERS)"

<https://vimeo.com/96888122>

**Welcome, I am called Rita.**

**All of us want to be great parents so that people look up to us for our acts of love and healthy children. But even a strong woman becomes less confident when her child falls sick. Let’s hear what parents share about how they feel when their children are recovering from an illness.**

**When my grandchild is starting to recover and is able to eat and drink, I also start to feel happy and continue to give the medicines and pray to God that she is completely cured.**

**When I compare the way my grandchild was at the onset of the illness and when they start to recover after treatment, I am so happy and hopeful that they will be fine.**

**When I see my grandchild starting to recover and they are able to take some food and drink, I am encouraged and hopeful they will be fine.**

**When my grandchild is recovering I feel happy that he is able to stand and am grateful to God.**

**When I learn that my grandchild is recovering I am relieved and a bit happy and I continue praying to God for a full recovery.**

**When my child has been sick but is now able to talk and smile, I am very happy and continue to trust God who is able to heal completely.**

**After all the effort we put in when the child is sick, when he starts to recover, feel so good and the pain starts to go away.**

**When my sick child starts to recover I feel good because that child is my future. Even when at work I feel calm.**

**I feel so good when the child starts to eat and drink because she was not able to when she was sick.**

**It takes time and effort to bring a child to complete recovery, however seeing your child well and active is an encouragement. Let’s hear what some parents have to share about their feelings when the child is completely cured.**

**When my child is cured I feel a lot of happiness in my life.**

**When my child is cured I feel relieved and happy because my future is secured.**

**I am very happy when my grandchild has completely recovered and am very thankful to God.**

**When I see that my grandchild has started to play and eat I feel great relief because when the child is sick as a parent you cannot be fine.**

**When my grandchild recovers I feel so happy because I know we are now going to eat and drink together and be happy. When they were sick I had a dark cloud hanging over me.**

**It seems like my heart becomes clean and pure after my child recovers.**

**I feel a lot of love and am thankful to God when my grandchild recovers. When a child is sick you are so worried so when I am told that he is fine, I am very happy and prepare something for him to eat.**

**Previously when my child was sick I was very sad but when she recovers I am very happy and peaceful once again.**

**When my grandchild is brought to me after he is better, I feel so happy and a sense of great relief.**

**Sometimes mothers need love and support when their children are sick. Let’s hear what the health worker has to say about what to do when your child is recovering from an illness.**

**When your child is sick or recovering from an illness she needs your attention and love. You need to stay with the child and give him or her food and drinks. Don’t forget the cause of illness. Give all medicines as prescribed, continue breastfeeding and give other foods to avoid a relapse which is costly in time and money. Give small but frequent meals.**

**Let’s listen to one of the parents showing us how to prepare food for a sick or recovering child.**

**One of the mothers preparing groundnut sauce with silver fish and bananas.**

**Preparing millet porridge with milk.**

**Preparing cold fermented millet and sorghum porridge.**

**Being a great parent is not a simple task but it is worth it. Thank you for being together with me and other parents in the journey of great parents.**