TRANSCRIPT FOR “FEEDING A RECOVERING CHILD (MOTHERS)"

<https://vimeo.com/96884902>

**I’m Rita. Thanks for joining me for another Great Mom conversation. We all want to be great moms—to be recognized by others for our loving acts and amazing children. But even the most confident mother is humbled when her child is sick. The good news is that small actions can make a difference. Today we’ll hear about what to do when your child is recovering from illness—no longer sick but not back to full health yet.**

**When my child starts to recover from an illness I feel good. I wll provide more foods as well as breastfeed more frequently when my child has recovered.**

**When my child starts to recover from an illness and starts to eat again, I worry less and have more time to do other tasks.**

**When my child starts to recover I feel happy and I make sure that I breastfeed more often especially if the child is not get 6 months.**

**I feel happy and thankful to God and keep giving my child what she wants to eat and drink and make sure that I provide these foods.**

**I feel so happy and I try to give what my child wants to eat and if she has not started eating I breastfeed as much as possible and I feel so happy.**

**I feel that my life is fine and I am relieved especially when my child starts eating and drinking again.**

**When my child starts to recover, and is able to breastfeed and eat I feel so happy. I play with him and he responds and my thoughts are at peace because when he is sick I feel disturbed. When he eats and breastfeeds I feel so happy.**

**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 our child is recovering from an illness.**

**When your child is sick or recovering from an illness s/he 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.**

**It takes time and effort to treat a child but it’s worth it to see your child completely recovered. Let’s hear other parents share their feelings when their children have fully recovered.**

**When my child is fully recovered and starts to play and eat, I feel so happy. I start thinking straight again and I can plan my daily activities which I am unable to do when my child is sick. I also feel proud that I sought medical help and I know that when I take my child to the health facility he wil get better.**

**When the child recovers the whole family is happy and excited.**

**When my child has recovered I am happy. It feels that the pain is gone and I know that she is cured.**

**When my child is sick I am not happy but when she recovers I feel peaceful.**

**When my child recovers and starts playing with other children I feel so happy and her father too is happy.**

**When I return from the health facility and my child gets well I feel so happy and peace returns to my home.**

**After I have returned from the health facility and my child is well I feel good, my life is good. Even when I go to the garden I have no worries.**

**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 silverfish 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 this journey of a great mother.**