



# Support Groups Making a Difference in Women's Lives: Baby Aisha's Story



Fatimah, Baby Aisha, and Nuru

Fatimah is the mother of a six and half month old girl, Aisha. She lives with her family in Nasarawa village, Rimizayam, Toro Local Government Area (LGA) in Bauchi state, located in Northern Nigeria. Shortly after

her baby was born, Fatimah joined a USAID-funded, SPRING-sponsored Community Infant and Young Child Feeding (C-IYCF) support group. Here, Fatimah learned about the importance of exclusive breastfeeding.

As part of SPRING's work in Nigeria, the project aims to reduce maternal and child undernutrition and improve HIV-free survival of infants and young children. In particular, SPRING/Nigeria is contributing to improved nutrition care practices and access to quality services

through the roll out of the Nigeria Community and Facility IYCF Packages.

The support group facilitators are motivated volunteers

***I started to give water because I thought my breast milk was not enough and I did not want my baby to go hungry***

and the last to be trained through a series of C-IYCF trainings. The support groups are comprised primarily of 15-20 mothers and their children, but many attendees are other family members including mothers-in-law and husbands. Key messages and actions for optimal IYCF are

shared and discussed within the support group, with specific emphasis on demonstration, sharing of personal experiences, and counseling.

After four weeks of exclusively breastfeeding Aisha, Fatimah feared she was not producing enough breast milk and started giving Aisha water. The support group members visited her and convinced her that her breast milk contained all the water and nutrients that her baby needed and encouraged her to continue to exclusively breastfeed.

The support group members continued their regular visits to Fatimah and her husband Nuru, who also supported his wife's choice to exclusively breastfeed.

Fatimah was thankful that her fellow support group members did not condemn her for giving her baby water and encouraged her instead. She then introduced complementary foods when the baby turned six months.

Now Baby Aisha Nuru is lively, well-nourished and healthy, and Fatimah has said she will continue to breastfeed Aisha until she is two years old.



A healthy baby Aisha Nuru

*(September, 2014)*

*This Success Story was produced by SPRING – Strengthening Partnerships, Results, and Innovations in Nutrition Globally Project.*

**SPRING/Nigeria**

JSI Research & Training Institute, Inc.  
1616 Fort Myer Drive, 16<sup>th</sup> Floor  
Arlington, VA 22201 USA  
T: 703-528-7474  
F: 703-528-7480  
info@spring-nutrition.org  
www.spring-nutrition.org

This story is made possible by the generous support of the American people through the United States Agency for International Development (USAID) under the terms of the Cooperative Agreement **AID-OAA-A-11-00031**. The SPRING Project is managed by the John Snow Research and Training Institute, Inc. (JSI). The contents are the responsibility of JSI, and do not necessarily reflect the views of USAID or the United States Government.