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From	Yemen Family Care Association (YFCA)
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Venue of the story	AZ Zahir District, Al-Jawf Governorate
Sector	Nutrition

SAVING A LITTLE GIRL



“ It was said that, “Having a child is like having your heart walk around outside of your body.” ”

Therefore, the amount of worry that parents must feel towards their children is very high, especially if they live in a country like Yemen, where war has affected people in several different aspects, making them living an uncertain future. Many families today cannot afford to eat the basic meals, let alone affording a diverse and a healthy diet. All of these factors, in addition to the lack of nutritional knowledge, have inevitably contributed in increasing malnutrition level in Yemen. Ameera Hasan is a 7-month-old girl who lives with

her family, consisting of her parents and one brother, in Al Zahir district, Al Jawf governorate. Even for such a small family, the living conditions in Al Zahir district are very difficult, as it is considered as one of the most remote areas in Al Jawf governorate with very few job opportunities. That is why Ameera's father had to work as a daily wage earner to meet his family's basic needs. As Ameera was growing up, her mother noticed that her daughter was not growing at the average rate of a normal baby.



Before the intervention



After the intervention

Ameera was sluggish, underweight, and excessively crying. "Watching my baby so weak, crying days and nights without knowing what to do to make her feel better, is one of the hardest things a mother may experience," said her mother. One day, Ameera's mother told her friend about Ameera, and her friend advised her to take Ameera to a health facility. When Ameera arrived at Al Marafdh health unit, where in cooperation with World Food Programme (WFP), Yemen Family Care Association (YFCA) is implementing preventive and lifesaving nutrition interventions, a health worker took her Mid-upper Arm Circumference (MUAC) check, and it was 11.6. Hence, this indicates moderate

acute malnutrition, so she was immediately admitted to the Targeted Supplementary Feeding Programme (TSFP), and she began receiving therapeutic supplementary foods. Moreover, her mother received awareness sessions on the importance of breastfeeding for 24 months and how to include affordable, healthy foods in Ameera's diet. After four months, Ameera was discharged from the program with her MUAC being at 12.6. "If you have children, you will understand how relieved I am to see my daughter in good health. No words can describe how grateful I am for your assistance," said Ameera's father reflecting on the positive impact of the intervention.