

# Success & Survivor Stories #3

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## HOPE & SECOND CHANCES

Taghreed Abdo is a 35 years-old lactating woman living with her family in Al-Hager village, Al-Ma'fer district, Taiz governorate.

Because her husband's livelihood in the farms was badly affected by the ongoing conflict, her family's daily meal consists of only rice and bread. Despite this, she continues to breastfeed her 18-month-old child. Because of such non-balanced diet, Taghreed was suffering from a low breast-milk supply needed for her child and from joint pain (arthralgia).

She visited the YFCA/WFP supported health center in her area where she went through due check-ups, then the caregivers in the center gave her Wheat Soya Blend enriched with a protein concentrate, vitamins and minerals (WSB+) which is necessary for pregnant and lactating women of her case.

"I have heard about [this] feeding center through the community health volunteer assigned for my neighborhood. The caregivers gave me an intensive care and counselling that give me hope for future healthy life and give second chances for my child to grow normally" Taghreed says.

"When the body is deprived daily of a large amount of energy, the production of breast milk might diminish and this was the case of Taghreed. The



A caregiver uses MUAC to measure malnutrition status of Taghreed. YFCA.

deficiency of certain vitamins in the mother would affect the nutritional quality of her breast milk. These vitamins are of concern since the breastfed child will also show a deficiency and accordingly, the child becomes at risk for neurological and skeletal problems, as well as growth retardation. After the treatment, the body of Taghreed has shown a quick response to the vitamins given to her and now she is able to resume breastfeeding safely!". The caregiver in the center says.