

PERSONAL TESTIMONY

PROJECT TITLE: HEALTHY TEEN MUMS, FOR HEALTHY KIDS



I had spent nearly two years struggling with my little child – Angel, falling sick every after a fortnight. The medics have been telling me it is about malnutrition and I have been always reluctant and doubtful about their critics. Thanks to the Healthy Teen Mums, For Healthy Kids project. Through this project I have experienced a real difference. My child's healthy has greatly improved; she is no longer frequently falling sick. I have learnt how to make food for her, I have learnt about the various nutritious foods.

But God has worked through the Healthy Teen Mums, For Healthy Kids, and my whole life has changed for the better.

The Healthy Teen Mums, For Healthy Kids has given me the tools to effectively take on my role of a mother. I feel a different person. Before joining the Healthy Teen Mums, For Healthy Kids, I thought I was a real mother by having a baby. But the one month nutrition lessons I received at the Healthy Teen Mums, For Healthy Kids, have greatly opened my eyes on taking care of a kid. I have acquired hygiene and food nutrition skills and I am now able to mix nutritious food on my own. I have also learnt about the love of God for all of us. I hope to use the knowledge and skills that I have received, to help other teen mums in my community to take good care of their kids, and to share the love of God with other people.

I thank you so much Kasijjagirwa Christian Fellowship and young people's ministry, for helping me to take good care of my child.

Yours,

Suzan