**Mothers Learn Too**

 Infants and children aren’t the only ones benefitting from Self Help International’s vitamin program in Ghana, mother’s benefit too!

Mothers of children receiving the protein enriched vitamin supplements are not only learning good health and nutrition practices when they bring their children to the feeding centers. Self Help staff provides valuable training and education about nutrition, sanitation and hygiene - information these mothers would otherwise have no access too.

The women then put the new information and techniques into practice in their homes and with their families. “It’s like a ripple effect,” says Merry Fredrick, Self Help International Director. “ Mothers inform their families who then inform their communities. . .the improved practices spread and the entire community benefits.”

Investing in this education further enhances the benefits of Self Help’s QPM porridge feeding program to increase protein intake, as well as its distribution of vitamins. Sound family healthcare practices complement the program and reduction in illnesses continues to decline.