



## SUCCESS STORY

### Changing mindsets, saving lives



The village of Abdul Rahman Shaikh of Union Council Damrah, lacks basic health facilities. The nearest health facility is located at a distance of eight kilometers. Sawera is a resident of this village and works as a Community health Worker. Her aim is to improve the health of mothers and to raise awareness on birth spacing.

A common tradition and practice of the people of this village is to get married at an early age. Therefore most of the girls get married at the age of 16 and even below. Sawera also got married at an early age. She was in very poor health when she was pregnant with her first child. Despite her poor health condition, Sawera conceived only five months after delivering her first baby. This time she gave birth to a baby boy but was not in a condition to conceive again. However the social norms of her community did not allow her to think of birth spacing. She was worried about her health as well as the health of her children.

When SRSO team came to her village and introduced the Health Communication Component program through which a lot of women were trained on the mother and child healthcare. It acquainted them with various different methods for birth spacing. Also they were warned against the consequences of early marriages and pregnancies. SRSO selected Sawera as a CHW. Now she visits different households to educate people on mother and child health. The training that she received from SRSO arms her with the tools and skills to do her job well. She also adopted various contraceptive methods and introduced the advantages of birth spacing to other women. The women of her community see her as an example as she is now living a healthy life.