



HAMEEDA, OUR YOUNGEST PUBLIC HEALTH PROMOTER

Five and a half year old Hameeda lives in Benazir Colony, DI Khan. She has three sisters and four brothers. Although she loves learning and longs to attend school, Hameeda's father only allows his daughters to attend a local *madrassah* for religious education. Recently, a local NGO (Khwendo Kor) opened a Child Protection Center near her residence, which she is also allowed to attend regularly.

When FIDA and IRD organized Hand-Washing Week events, they coordinated with Khwendo Kor and visited this Child Protection Center.





AS PART OF THE FLOOD RELIEF EFFORTS, FIDA AND IRD HAVE CONDUCTED HUNDREDS OF HEALTH-HYGIENE PROMOTION SESSIONS

Hameeda's mother told FIDA's female Public Health Promoters that Hameeda had come home from the Child Protection Center, told everyone in her extended family what she had learned about the importance of personal hygiene and

AS FIDA'S TEAM GATHERED THE CHILDREN TO DEMONSTRATE PROPER HYGIENE PRACTICES, HAMEEDA OFFERED TO TRANSLATE THE LESSONS INTO PUSHTO.

She stood confidently in front of the group and translated all the information from Urdu to Pushto for the other children.

The following day, FIDA's field staff visited Benazir Colony and was surprised to find Hameeda teaching her brothers how to properly wash their hands with soap.

insisted on washing her hands more than five times. Now she is motivating everyone in her family and at the Child Protection Center to adopt proper hand washing methods.

FIDA's field staff encouraged Hameeda's mother to consider further education for this bright, young Public Health Promoter.

