Twins’ journey from Red to Green

A child’s birth is the most joyous moment for their parents. For Krishna and Shankar Singh from Baratbat village in Dholpur District, it was even grander with Krishna carrying twins. On 8th November 2017, Krishna gave birth at CHC Maniya to two baby girls – Khusbu and Enam. But happiness was short lived as both the children were severely malnourished. Their nutritional status fell below the danger sign- red. While one baby weighed 1800 grams, the other weighed just 1400 grams.

Krishna initiated breastfeeding to both her children right after delivery at the CHC. All were worried about the twins and their health. The parents were requested to take baby to SNCU as weight of one of the babies was below 1800 gm. However, they didn’t and left for home.

The responsibilities to make these twins healthy fell on the shoulders of the Front-line workers, who took it up passionately. The AWW Mamta Tyagi along with ASHA Sarla and AW Helper Puspa visited the babies. They realised the mother needed their help. They supported and provided guidance Krishna, counselled her for exclusive breast feeding and supplementary nutrition. They even taught her how to breastfeed her children and provided supplementary nutrition packets. In the first five months, the twins transitioned from red to yellow. There was still a way to go for them to become healthy, but they were healthier now. There was hope.

Our DPO in Dholpur, Mr. Mohit Bajpai, started visiting the twins along with the AWW, Ms. Tyagi. He also supported and counselled the AWW on the next steps to make the twins healthier while still monitoring the weight and the health of the babies. They initiated giving Take-Home-Rations also to them and ensured that the twins were getting appropriate supplementary nutrition and enough breast feeding.

Today, with the efforts of all the above people, the twins are 1 year and 2 months old and fall in the green category. Both are healthy and weigh more than 7 Kgs. This journey for the twins and their family hasn’t been easy. But the support they got from the grassroots workers made a lot of difference.