

Elisa and Nongola, two traditional birth attendants
(village midwives)



Elisa and Nongola have been village midwives for few years, both chose to do it because they like helping other women.

In a normal day as midwives, they help mothers to deliver their baby safely. This involves: ensure that the mother is cleaned and the materials for the process is also cleaned. If there is a problem, they quickly referrers the mother to the health centre.

As midwives, they also talk to the mother about hygiene, the need to breastfeed at least for 6 months, food and nutrition for pregnant mothers and for the babies. In addition to that, they also talk about the need to have a family plan system for the families to ensure there is space between one born to another.