



Mothers and Future Generation

Dr Callixte Yadufashije



Mothers' care to children through nutrition during pregnancy



Mothers' care to children



Mother begging her kid to eat

Orphans need supporters as are part of future generation



Family Poverty due to low use of family planning

Mother with problems cannot care her kid

MOTHERS AND FUTURE GENERATION

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1. INTRODUCTION

Mothers are special caregivers of families in Rwandan society, but not only Rwanda but also the whole world, mothers bear babies nine months during pregnancy, they take care of babies during breast feeding and some lose life during parturition. Babies born and grow up through cares from mothers, babies are producers of the future, thus mothers are pearl of good future through important activities and contribution they do through caring future generation as talked above. In this article blog, we will detail contribution of mothers to child growth, mothers' needs, contribution of states for mothers promotion, child and problem, mothers problems, real cause of poverty in families, child education as a way of poverty success, conclusion.

2. CONTRIBUTION OF MOTHERS TO CHILD GROWTH

Scientists who are advanced in obstetrics, midwifery and others related maternal health sciences know well the role of mothers during pregnancy. Mothers feed fetus during pregnancy through what mothers consume. Fetus from implantation it began taking nutrients from mothers up to delivery, this is the real first contribution to child growth. After parturition, mothers breastfeed their babies and care them in different ways. This breast milk they get contains important protein for better growth and development of the neonate and protects against some babies diseases. Mothers with their soft heart are ready to express the feeling of happiness to children under 6 months. This is the real experience I did not read in books. I took a time of evaluating babies of four months where I asked four mothers to give them their children one by one, and when in my hands, they cried and when take back in hands of their mothers, they stopped crying. Mothers contribute to child hygiene and

prevent disease of unhygienic conditions. Children get their first language through their mothers, by the end of breastfeeding; mothers clarify necessary simple food for her baby. Mothers look after children in their daily works; they teach them how to behave and others. Without them future of the world can get problems and we succeeded through them.

3. MOTHERS NEEDS

Mothers play important multiple functions, and during these services, they lost energy and this energy must be recuperated through nutrition, hygien, education, free government services and promotion of gender equality, family planning...

(i) Nutrition

Good nutrition is essential to produce energy for mothers and this energy will make mothers body to be strong and reduce mothers diseases. Remember that mothers share the same nutrition to her fetus during pregnancy and after birth in 6 months through breastfeeding, thus mothers need to consume good nutrition to help herself and fetus during pregnancy, produce good breast milk during child breast feeding to help the newborn. Under nutrition contribute to death of mothers during childbirth as they cause obstetrics complication and underweight babies. Mothers must eat food containing iron for blood maintenance and prevent anemia during pregnancy and parturition.

Nutritional problems during pregnancy

Mothers meet different nutritional problems during pregnancy, where they get food cravings. They are allergic to some food, it is important to notice which food do mother want during pregnancy because if not treated may cause underweight baby and also obstructed labor. Ask pregnant woman what she wants to eat and make

sure that it cannot cause harmful effects to her or her baby. Mothers have to consume balanced diet during pregnancy to make their babies healthy, wealthy and wise. Many African families are not ready to handle mother's needs during pregnancy that is why you observe different problems in child development, such physical and intellectual. If our children are not intellectually growing our future will be difficulty. Other families in Africa possess enough food but maintenance is a big issue. Among sample of 20 women I asked, they told me that they ate what they have during pregnancy this was in rural areas of Rwanda. Governments must find nutritional aid to pregnant women, as they do in other different services. Some mothers must be pregnant and produce children who will be burdens in future. Pregnant women nutritional centers must contribute to reduction of mothers problems during pregnancy and lactation. So nutrition is first factor affecting child development.

Nutrition of mothers during pregnancy

Mothers needs balance meal during pregnancy. This balanced diet contains Body building food, energy giving food and body protective food.

In body building food we can state fish, milk, eggs, beans, meat...

In energy giving food we may say sweet potatoes, cassava...

In body protective food we may say fruits, legumes...

Let us try to maintain health of mothers through nutrition to build long lasting future and avoid nutritional deficiency disease to pregnant women.

(ii) Educations

Many traditional culture and beliefs limits women in education. In many families they promote boys to study and stop girls. Among 30 men I asked they told me that they cannot promote girls in education when boys are there. This real factor contributes to poverty. Education will help ladies in producing their basic needs after completion. You cannot satisfy others if you cannot satisfy

yourself, women need strength of satisfying themselves so that they satisfy their children. Education is key point of overcoming this huge problem. Limiting women in education will increase many different problems of children's future. Women are with children many times, they can advice them, they can show them what is good to do, but if they do not have knowledge, what will they advice our children? Let send our boys and girls to school to build future which is also the future of the country. These uneducated women must increase maternal mortality rate, among 20 women died while child birth 16 were uneducated, this means that there are factors they do not know about pregnancy, by asking birth facilitators(midwifery, doctors...) they answered me that many of them came at health facilities later.

(iii) Promotion of gender equality

All human being are equal under international human right. It is totally correct as I was saying women are our future as explain above, sometimes men think that they are more superior than women, this is misunderstanding no one superior or inferior, they are all equal but God gave them different capacities for solidarity not for superiority. Do not limit women, you will be contributing to future generation and also promoting gender equality.

(iv) Family planning

Family planning is a process by which families decide on number of children they may have and how they can space them. Family planning contributes to women's well being because if families decide FP they decide together and say that they will have 2 children and mention the method of family planning that may be used to attend their goal. If a woman bears kids every year it will lead to incapability of family production or well being. It is a responsibility of partners to think together on family planning to build their capacity. If we produce children more than our resources it will lead to permanent poverty. In

Africa some people take children like blessing this is ok but they will be blessed if you are blessed, being blessed means having all basic needs you need but if you cannot produce basic needs of the family, there is no blessing. Various family planning methods are there please do not suffer with many children that you cannot support visit health facilities near you for assistance. Family planning also reduces death of women, while parturition, numbers of women die and this mortality can be influenced by low utilization of family planning.

4. CONTRIBUTION OF STATES FOR WOMEN PROMOTION

Countries like Rwanda since the government of national union began to rebuild the country after Genocide against Tutsi in 1994, Rwanda changed various things including women promotion. Before 1994 Rwanda was characterized by division of ethnics and inequality of regions which led to Genocide against Tutsi, women even were under men, but by now numbers of women are about number of men in government administration, women are promoted in education, they are different schools for women. This contribution has supported Rwanda in various services. They are women who studied, who are supporting also their friends to complete. Pay attention to maternal health increased in Rwanda, thus this is protecting them and reduce maternal newborn and child mortality

5. CHILD AND PROBLEMS

Growing up is long journey and someone meet situations those situation can change style of living. Major problem that child can meet is losing his/her mother while young. If a child loses his/her mother under 15 they suffer. What mother was supposed to do, you do it yourself because no one to know your daily life. The father may struggle with what to eat and different insurances. These children whose mothers passed while young have to be supported to avoid depression. We may approach them to be in behalf of their

mums, we can help them for self reliance and later they can contribute to the country.

6. MOTHER'S PROBLEMS

Mothers live in different societies all over the world; this can influence their life style of understanding and living. Many African countries according to their culture, they believe that the only responsibility of women is to give birth, caring children and daily home activities.

Example in Somalia

Education

Many girls have been unable to finish education past elementary level due to reasons such as to stay home to help out with their families and to take care of their siblings. Statistics show that approximately 60% of girls drop out of school by the end of primary school. With the lack of education, girls are unable to learn more, to know of their rights, and to be encouraged to stand up for themselves. The very few number of young women, who do make it to a university, and those who are still vulnerable to the abuse but are aware of the unjust system.

Roles

Somali women are expected to submit to men and to fulfill their duties as daughters, wives, and mothers. Parents usually sell their young daughters into marriage in exchange for money, especially because the country's poor economic status. They also force their daughters to undergo a dangerous procedure known as female genital mutilation, which has high risks of physical, mental and psycho-social damages to the child. When they are taken away in marriage, their husbands become the leader of the two who is in charge of all the decision-making that goes on in the family. Many women are afraid to speak up against their husbands in cases of disagreement or abuse because they are scared of losing their possessions and children or having their husbands throw them out. By speaking out, they risk their lives and the safety of their family members.

With many Somali men abandoning their families, killed during the civil war, or lost to diseases, women have learned to support their families by themselves.

“We are the breadwinners for our families. We have no husbands and our daily earnings are not enough to survive on” (a 35-year old divorcee who she fled Mogadishu with her five children).

Women have taken heavier economic responsibilities for themselves, their children, their parents, and in some cases their injured spouses. Their responsibilities within the family have increased; however, the overall improvements of their rights have not.

This will never influence African development, they can cause problem of struggling when the patron (man) dies, like the Pearl of family production the family members will fall in permanent difficulties. We need to be Modern in Africa. European countries are very far on this issue. But in Africa, Women are for home struggle. If women are for home activities, what can she do without skills? What can she teach her children? Women need knowledge and skills to support the family, this will be successful through promoting women Education let us consider this like emergency case. Some African countries has tried to reinforce women education, those are Rwanda, Uganda, Kenya... others also can imitate them for future success.

7. THE REAL CAUSE OF POVERTY IN FAMILIES

They many factors that influence Poverty in families but the following are main ones:

- Conflict in Families
- Analphabetism
- Large number of Children
- Time management
- **Conflict in Families**

Many families in Africa are always in Conflicts like example in sharing land, they focused their life in agriculture, and it is their daily work to survive. During land share some family members wish to have big land, this create conflicts

between family members, every one strive for self development and no one to support others this means that some members will be rich while others still struggling. This low solidarity will never support families in terms of increasing family needs they will lead to family permanent poverty and later will affect the country. Families must have solidarity to support each other to build future generation for good heritage of their children; out of this they cannot win World's difficulties. Mothers are responsible to train their children about sharing what they have

- **Analphabetism**

Some families have incapacity of sponsoring education of their children as they have many children they select the one to send at school and majority are boys this will continue creating poverty and increase analphabets people. Analphabets people cannot move from country to another for job search, the one problem they meet is language for proper communication. Without communication, nothing you do. Basic education is essential for poor families, to support the family in future all family members must discuss on this heavy problem to solve it together and plan long-lasting life. Another factor that increase analphabetism is understanding, especially in Africa, children do not like to study thus caregivers I mean mothers must help them to understand the importance of education as they stay with them a long time.

- **Large number of children**

This is a heavy epidemic in Africa. The causes of poverty in Africa this one is among the big ones. Satisfying 10 children is not easy whoever you are. It is important to think on the number of children we may have depending on our income. To build future of our children is important more than we think. Failing in producing basic needs will lead to many problems that can affect even the country. It will affect country economy, where country will strive to help those poor families, for example in terms of nutrition to avoid nutritional deficiency diseases. Families themselves must participate in finding response of this problem, as

mothers struggle with this, they must advise their husband to understand and plan a good future.

- Time management

Time is costly, number of youth, especially in Africa; waste their time by doing non contributing activities. Those activities are mentioned below:

- Calling on phone a long time without any idea to develop themselves
- Using face book long time to enjoy.
- Watching film
- Etc

It is amazed for graduates who completed his/her degree to do this, instead of entering Google for research to improve knowledge; they waste their time on face book and calling. Time is expensive and today is not tomorrow. The time management will affect your future if you do not think on how to manage it.

8. CHILD EDUCATION AS A WAY OF POVERTY SUCCESS

Education contributed to poverty reduction in number of families. Help your children to have enough education, they will be ready to support the family after completion, they will be ready to move one country to another for job search by using their knowledge got through education. They will be ready support others after competition. They cannot think to survive through agriculture only. They will get idea of creating their own business through education and this will reduce family conflicts and permanent poverty.

9. CONCLUSION

As we continue striving to plan the future of our generation, let us help the source of the future generation to reach on where we want. What you want is what you get. Plan the good way for your children's future before you produce them. Rain cannot occur without clouds. Do not set in mind that you will be in struggle forever, train your brain to believe your capacity. Instead of thinking a help from others, think how to help them, it will help you in self control. You have to notice this in mind and expand it to your family and share with

other families. Mothers are responsible in helping children to understand their future and men are not rejected, but most of times mothers are with children than men. Solidarity is a source of success do not separate yourself basing on religions, ethnicity, clans, you met them in the world, the good thing you are all human being think on this only and help others according to your ability, it will be a factor of helping yourself and will be a huge contribution to your country.

RECOMMENDATIONS

To Nations

To continue promoting girls education as future mothers.

To help families income production by creating jobs to them

To continue helping them in family planning understanding and role of women in societies

To help children who lost their mother as they among future generation

To Patrons (men) of the families

To understand the role of women within the family

To equalize their children because both girls and boys are part of the future

To participate in family planning as decision makers in families

To Mothers

To help their husbands in increasing family income

To continue teaching children how to behave for future success

To remind their husbands about family planning

To Youth

To work hard as source of the future

To manage their time in daily activities

To control resources before creating a family.

To Researchers

To continue researching and see if they are other ways that can be used for planning our future success.

Author Profile**Dr Callixte YADUFASHIJE (PhD)****Position:** DVC for academic affairs**Institution:** Rusizi International University**Vision:** Interest of others to change the World**Slogan:**

- Thinking
- Understanding
- Striving
- Development

This article has written due to daily observation and experiences. The idea came after thinking on recent years of my life. I saw how my mother strove to save my life and prepare my future. I observed also how mothers are always overloaded for children care from pregnancy and other steps of life for their offspring and thus it is very interesting to share this experience with others to continue helping these supporters of future generation. The future generations are children; children are pearl of the future, they need serious supporters to reach where they want to go. Mothers support children in different activities, they need also a help such as from their husbands, communities and Nations. I acknowledge all mothers all over the World for their huge contribution to the future of the world; my thanks come to my beloved wife Martha Kampirwa who tirelessly supported me in the whole period of thinking and writing this blog. My thanks also come to Mr. Maurice MUGABOWINDEKWE for technical support.