

BEATRICE & UWURUKUNDO

KIRAMBO, RWANDA

Uwurukundo is barely twenty-four hours old. Beatrice smiles as she breast-feeds him in the brightly-painted room for post-partum care at the new Maternity Ward in Kirambo. She looks as though she has fully recovered from giving birth. “This was my third baby so I had some experience” she explains, “and it was so much easier this time giving birth at the Maternity Ward. I know because my two daughters were born at home.”

Save the Children has built a Maternity Ward in Kirambo which is now ready to support pregnant mothers. As their due date approaches, mothers-to-be come to the Health Centre where there is waiting room for them to rest. When the time comes they give birth in one of two equipped delivery rooms with skilled birth attendants; then they can recover in a safe environment in the room for post-partum care.

Before they even give birth, pregnant women are provided with ante-natal care. Each woman attends a minimum of four separate sessions during which they are given professional advice about how to best manage their pregnancy, the importance of eating nutritious foods, not carrying out manual labour, how to prepare for having a baby, etc. These sessions provide an important space for pregnant mothers to share experiences as well as learn. They are facilitated by community health workers, who strongly encourage husbands of pregnant women to attend these sessions so that they can best support their wives.



“I think my labour was short partly because I had peace of mind – I just wasn’t worried about giving birth this time because I was at the Health Centre”

Beatrice says she is very proud of Uwurukundo and she is happy to have had a son. However, she and her husband have decided that he will be their last child. “Three is enough!” she laughs. It was during the ante-natal care sessions at Kirambo that she and her husband learned about family planning methods, and have chosen one which suits them.

The buildings and equipment of the Kirambo Maternity Ward make such a difference with their trained health workers, good facilities, and a safe environment for giving birth – it is a great start for Beatrice and Uwurukundo.