



## A day in the life of Sungudota Daniel



Daniel Mutuque lives in the village of Mbone about 10 kilometres outside the small town of Funhalouro in southern Mozambique. In 2014 he was elected by his community to become a Masungudota or 'good advisor' to families with children under-five. He is one of almost 300 men and women (called Masungukate and Masungdota) trained by CARE Mozambique. These photographs tell you about a day in the life of Sungudota Daniel.



Sungudota Daniel begins his day by taking his goats out to a safe place to graze. He and his wife have a small farm but prolonged drought in the area means that there is little maize this year so Daniel has had to find other ways to make money so he can buy food. He is hoping his small herd will grow and he will soon be able to sell goats in the nearby town.



Daniel also earns some money from making cooking pots out of recycled aluminium.





It is a time consuming process so he works on it whenever he can during the day.



He lives with his wife, their three children and his brother's children in a small homestead.





Daniel is a well-respected pastor and this morning one of his church members has come to ask him to pray with her so the whole family gathers inside for the prayers.



Daniel's household is a happy one. "I learned from the CARE training that children learn if they play so I let my children play."





"I teach them songs and word games as that helps language development."



Daniel's wife, prepares the main meal in the middle of the day. The family has learned to dry the locally available Moringa leaf to add to their maize meal.





The nutritious Moringa leaf is especially important now that there are no vegetables from the garden or even wild leaves to collect because of the drought.



Daniel knows that his family is a role model for the rest of the community so he makes sure that he applies what he learned in his training. Each child has their own plate and he makes sure the little ones eat everything on their plate.





Wild fruit is an important source of nutrition in this 'hungry season'.



As a Sungudota, Daniel visits seven families who live close to his home once a week to offer friendship and support but also to give advice on the health, safety, education and nutrition of the young children in the home.



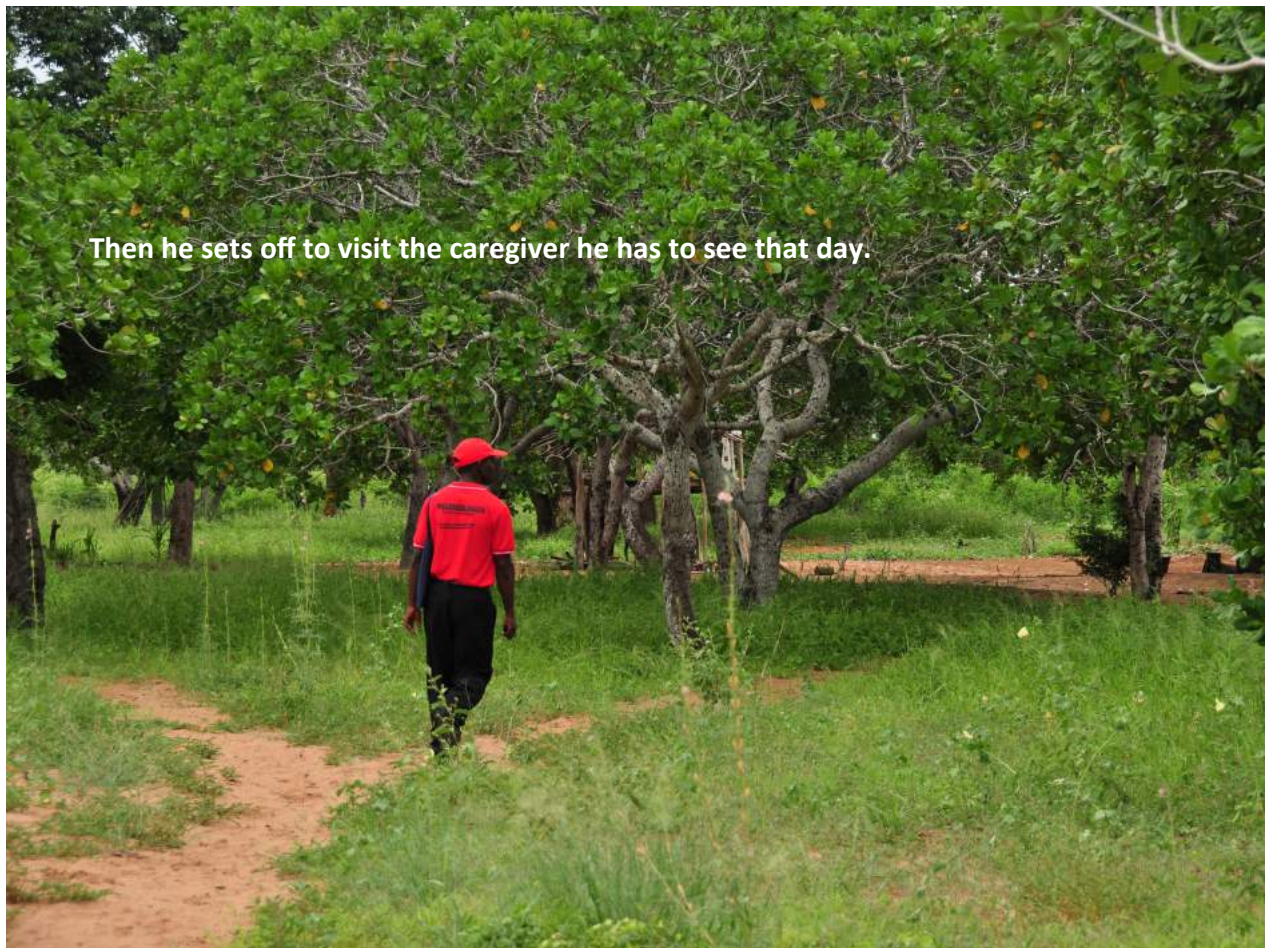


This week Daniel and his colleagues received training on how to use a tool developed by UNICEF to screen for malnutrition. His wife helps him to remember how to use the tool.



One of the young caregivers he visits stops in on her way to the well to ask for some advice about her baby. Daniel tries out the MUARC strip on the baby – much to her delight.





Then he sets off to visit the caregiver he has to see that day.

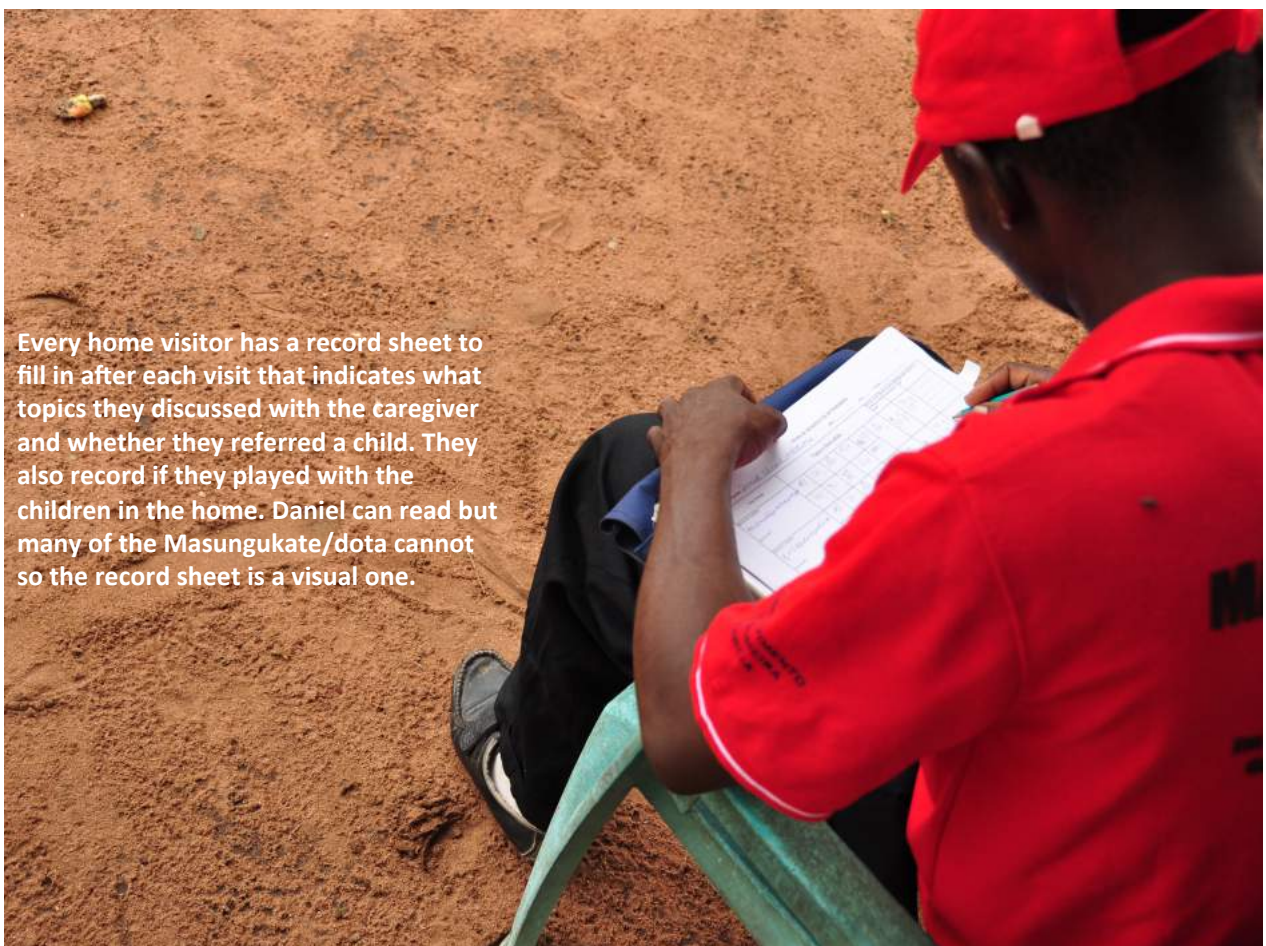


They spend some time chatting. "Many of the women are alone as the men work away so they are happy to have someone who is interested and I often just spend my time chatting about their children."





But today Daniel has a new screening tool to try out. Any children that show signs of malnutrition are referred to the local health centre. He will also report this referral to the ECD facilitator from a local community-based organisation that supports his work.



Every home visitor has a record sheet to fill in after each visit that indicates what topics they discussed with the caregiver and whether they referred a child. They also record if they played with the children in the home. Daniel can read but many of the Masungukate/dota cannot so the record sheet is a visual one.





"I think about the caregivers when I am not visiting. I am planning how to help - I often ask my fellow Masungukate in the village to help me if I have a problem that I cannot solve".



The little children from his home meet Daniel on his way home. They take turns to carry his bag which has the visual information guide that he uses to teach caregivers about health and nutrition.





But Daniel's work is not done for the day. His eldest son has returned from school and helps his father with the ongoing work to make the cooking pots. "The most important thing I learned from the CARE training is to talk to your children. Now I know that children learn to love you if you are talking instead of beating. My son is so willing to help now and we talk while we work."



Thank you Sungudota Daniel



Photographs: James Clacherty