

The fathers' role in child nutrition in Ethiopia

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The fathers' role in child nutrition in Ethiopia

Selamawit Mengesha Bilal

1. Proper child feeding is unlikely to succeed if mothers are not supported by fathers (this thesis).
2. Targeting fathers, together with mothers, should be the approach in child feeding programs. However, fathers' perceptions, practices and challenges should be known to make feeding programs successful (this thesis).
3. The fact that fathers are responsible for making money should not be an excuse for their poor involvement in child care; instead it should be seen as a very important reason to involve them (this thesis).
4. If there would have been a welcoming environment for fathers in child care and feeding education programs, especially in developing countries, where decision making and house hold income are the father's responsibilities, children under-nutrition would not be such a huge public health problem as it is now (this thesis).
5. Scientists also seem to follow traditional paths. They usually ignore the role of fathers in child care research.
6. Scientific research should consider 'honesty bias' as an important aspect of the validity of qualitative research findings in developing countries, where people's responses are weighted to be in their advantage.
7. Kids, even the very young ones prefer to eat or at least try what their parents are eating. Parents should be more aware of the fact that they are role models for their children. If they eat unhealthy, the kids will never learn the importance of healthy eating.
8. Exposure to the developed world can be a life changing experience for someone from a developing country.
9. Behaving as a poor person is much worse than being a poor person.
10. People say it is because I am lucky, but I would say it is God's favor to me.