

# SECOND QUARTER NEWSLETTER

APRIL—JUNE 2014

Dear Colleagues and Friends

Welcome to the April – June 2014 edition of the quarterly Save the Children - Nigeria Country Office Newsletter. An opportunity to share updates and snapshots of Nigeria’s team activities which are Program Delivery focused around Advocacy, Campaigns, Maternal and Newborn Health, Nutrition and Links for Children, that supports the survival of Mothers, Newborns and Children across Nigeria. I wish to express my sincere appreciation to the entire Nigerian staff for their contributions towards this edition. We hope the stories in this issue will inspire you to continue giving children a chance to survive and thrive to their fullest potential.

Susan Grant

Country Director, Save the Children International

Nigeria Country Office



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## Progress Report

### Nigeria's Website now LIVE !!

Save the Children Nigeria Country Programme is pleased to announce the launching of its Public Website. The SCI Nigeria public website will be a platform to disseminate public information especially in the areas of what we do, our programs, where we work, and other necessary information as it relates to our country program. The website also has live feeds from our social media platforms [Twitter](#) and [Facebook](#) to constantly share updates on various activities.

View the website here: <http://nigeria.savethechildren.net>.

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### The rights of Women and Girls

On Wednesday 21<sup>st</sup> of May, 2014, Save the Children International co-hosted an event in Westminster, London United Kingdom with the Bill and Melinda Gates Foundation and the Department for International Development (DFID) titled Family Planning: The rights of Women and Girls. The event covered these four issues: Family Planning, Newborns (the importance of every birth being attended to by a trained midwife), Female Genital Mutilation and Child/early forced marriage. This was a one hour panel event with an audience of approximately 150 people and moderated by a Broadcaster and Save the Children Ambassador, Natasha Kaplinsky. The Panellists included Melinda Gates, Co-chair Bill & Melinda Gates Foundation, Justin Greening, the United Kingdom Secretary of State for International Development, Tewodros Melesse, Director General International Planned Parenthood Foundation, Justin Forsyth Save the Children UK CEO as well as Mrs. Catherine Oluwatoyin Ojo from Nigeria, the International Confederation of Midwives (ICM) and Save the Children's Everyone Campaign Midwife Award Winner.

Mrs. Catherine Oluwatoyin Ojo spoke passionately about her everyday experiences of being a midwife, these include complications faced in delivering newborns, the importance of every birth being attended to by a trained health worker, and several other challenges faced, especially as it relates to the topics of discussion.

She laid emphasis on the fact that Midwives if well trained and equipped can provide community education to stop Female Genital Mutilation. She also said that Midwives can provide crucial support to mothers and their newborn babies to avert complications during deliveries and provide immediate newborn care like resuscitation and breastfeeding. Catherine also used the opportunity to thank her co-panellists and everyone around the world campaigning on these issues, she encouraged all to continue supporting women's and girls' rights and also use all available opportunities to make real progress for women and girls around the world.

The event provided an opportunity to hear global champions speak and discuss what can be done to transform the lives of women and girls. Excitingly 5,000 people viewed the online event, with the United Kingdom as the top viewing country. The hashtag #WomenandGirls trended on Twitter in London and the United Kingdom and several positive feedback about the event were received.

If you missed the event, you can catch it online here:

<https://www.youtube.com/watch?v=CbUOFNtdq0&feature=youtu.be>

And if you missed Catherine's briefing of the event to all staff at the Abuja Office, click the Link below to view the photos:





## Fathers Matter! Involved fathers change the lives of Children

Save the Children knows that involving fathers will change the lives of children. As fathers get more involved in the care of children and domestic work, child health and development outcomes improve, violence against women and children reduce - and maternal and men's health improve. Therefore, we are encouraging a more active, equal and non-violent involvement of fathers and other male caregivers in the lives of children. We are striving to make our programs more effective and evidence based to strengthen our partnership with other agencies.

Promoting active fatherhood plays an important role for achieving Save the Children's breakthroughs for children. The change is already happening, with fathers, getting more involved in the cases of children globally. Save the Children is utilizing every unique position to encourage this change.



## BUDGET JAM: Online engagement with The Honorable Minister of Finance Dr. Okonjo-Iweala

Save the Children is advocating for the Nigerian Government to increase funding for health, in order to reduce Maternal and Child Deaths. The organization has gone ahead to identify a number of areas which needs to be looked into by the Government and some of it include Health Financing and Nutrition. Nigeria's Honorable Minister of Finance Dr. Ngozi Okonjo-Iweala is a member of the global Scaling Up Nutrition Committee and recently had an online media engagement with young people on the 2014 budget. . Save the Children seized this opportunity and joined the Coordinating Minister of the Economy and Honorable Minister of Finance in a live, online conversation on the 2014 Budget. The Budget 2014 Jam was a 3 day online interactive session between the Hon. Minister and Young People aged 18-40 and this was an opportunity to share thoughts/ideas with the Minister on the 2014 budget and its impact on the nation moving forward.

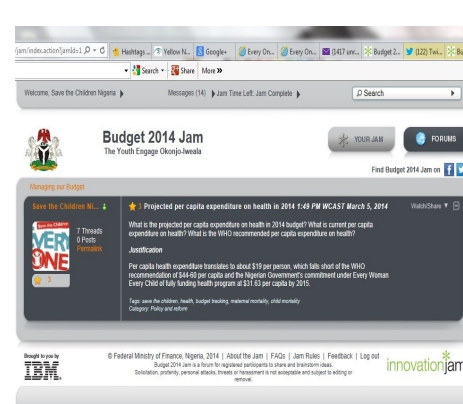
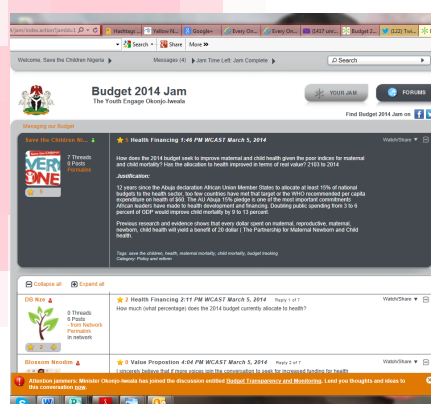
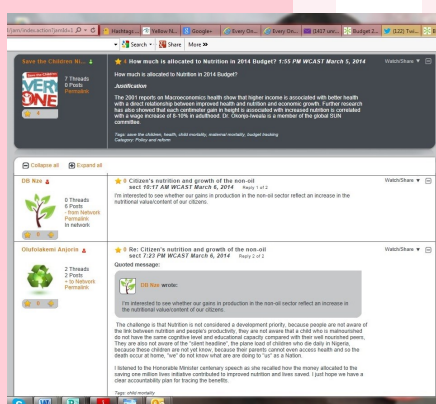
A jam is an online event that brings together thousands of people from across the country to discuss issues in real time from wherever they are located. The jam was aimed at educating and engaging participants on topical issues through a series of online discussion forums. All participants had an opportunity to offer suggestions as well as exchange ideas on how to move the country forward. In this particular instance, the event engaged as many as 20,000 people between the ages of 18 and 40 and was available on a first come, first serve basis.

Some of the questions posed to her by Save the Children include how the current budget will move Nigeria towards attaining the Universal Health Coverage, what the current per capita expenditure on health is, whether or not the allocations to health has increased from 2013 to 2014 and so on. In response to this, the Minister made commitments to look into the 2014 budget seek to improve maternal and child health.

For more information about the Jam kindly visit the Honourable Minister's Facebook page:

<https://www.facebook.com/ngoziokonjoiweala>, Twitter page: <https://twitter.com/NOIweala> or the Ministry of Finance

Website: <http://www.fmf.gov.ng>



### Glaxo Smith Kline's Orange Week

Save the Children was invited by Glaxo Smith Kline (GSK) to grace their Orange United fundraising week which was held from 24th to 28th of June 2014. Orange United is GSK's fundraising campaign to support its partnership with Save the Children, where proceeds are used to help save the lives of one million children globally. Although, the partnership between the two organizations is presently at the global level. GSK invited Save the Children Nigeria Country Programme to join the occasion since the event would be replicated in other countries all over the world. Dr. Opeyemi Odedere, Maternal and Newborn Health Advisor, Lagos Office and Dr. Abimbola Williams, Senior Maternal and Newborn Health Manager were physically present at the event in Lagos and used this opportunity to build on the partnership between GSK global and Save the Children. They also met with the Managing Director GSK pharmaceuticals, Mr Lekan Asuni and the MD consumer Nigeria, Mr Thandalam Dayanand



### Body Hygiene: A must for every child

Blooms Academy, a Private School in Abuja, recently held their 2014 Teachers Appreciation Day. As a part of the celebration, parents of the children were invited to take up responsibilities that would have been otherwise done by academic and non academic staff of the school. This was to show appreciation for all the good work the entire staff of Blooms Academy in Abuja have carried out in the last one year. The day started with Parents welcoming staff and pupils to school in the morning after which school assembly was held.

Senior Human Resource Manager, Jife Tobun on behalf of Save the Children seized this opportunity to instill the importance of good hygiene practices early in children in order on to prevent cavities, infections and other health problems. Good hygiene is more than just looking neat and clean. It affects the health and well-being of children as well as the people with whom they spend their day.

Jife Tobun taught pupils from Grade 2 and 4 (aged 6 - 8 years) on frequent hand washing practices , how to blow their noses, with their mouths closed, or with the use of tissue paper. They were also taught how to keep their nails clipped and clean, brush their teeth at least once a day with floride tooth paste to prevent gum disease and tooth decay and Bathing regularly which is highly important to keep their skins neat and disease free..

In addition, the pupils were also taught on the use of Microsoft Excel to create graphs and some safety and security tips as it relates to Children in Nigeria. The children were very excited, as they received Save the Children note pads at the end of the talk.

“I am the only one in my class whose parent came to teach and I am proud that she works with Save the Children” said Toluwalope Tobun (aged 6 years)





## Dissemination of Child Rights Situation Analysis and Kinship Care Reports in Nigeria.

Nigeria has an estimated population of over 170 million people, making it Africa's most populous country. Children make up an estimate of 60% of this total population. More than half (54%) of Nigerians are living below the poverty rate. Inequity and poverty across Nigeria is having a negative impact on children's development and making them vulnerable.

On May 13th, 2014, Save the Children launched two research reports; Kinship Care and a Child Rights Situation Analysis (CRSA) focusing on Child Protection at a dissemination meeting held in Abuja, Nigeria with Susan Grant, Country Director, Nigeria Country Programme physically present to kick start the event.



The purpose was to share key findings of the reports with stakeholders from relevant government ministry/agencies, NGOs and donor agencies, particularly on the need to channel funds and interventions to address the child protection gaps revealed in the study reports. Following the presentations of both research reports, partners unanimously agreed that the findings on weak support systems for children living outside of biological families and unavailability of policies/guidelines on alternate care for children were challenges faced by children under the kinship care system. Sensitisation and advocacy at community level should be used to address the poor conditions of living and support arrangements for children when they are placed with relatives. The highlight of the meeting was the recognition of the importance and value to consult with children on whom or where they would like to stay with, instead of just choosing for them and not giving them alternative options. The resounding need for child participation was loud and clear prior to the conclusion of the session. The Links for Children Project has been providing such guidance and awareness to over 10,000 caregivers in three project sites in the Northern part of Nigeria since year 2009.

The Child Protection CRSA revealed that although much has been achieved in Nigeria in terms of vulnerable children programming, there are still gaps in terms of;

- Minimizing violence, abuse, neglect and exploitation of children;
- Services for hard to reach children e.g. Almajiri, domestic workers and trafficked children
- More programming is needed in child protection in emergencies.

The findings from the research-reaffirmed that the Nigerian government must enforce the legal frameworks in Nigeria, to ensure the survival and development of children in the country. This includes allocating resources and ensuring they reach communities across Nigeria.

Finally, the CRSA study suggests that Save the Children Nigeria is well situated to expand its role as the primary international NGO focused on child protection programming within the country. At the end of the meeting, the Federal Ministry of Women Affairs & Social Development and UNICEF agreed to work cohesively with Save the Children on issues concerning child protection.

The dissemination was a huge success, which brought the broad issues of child protection to the attention of key stakeholders. Participants shared positive feedbacks with the Africa Representative for the Child Protection Initiative; Claire Feinstein and Jane Calder; the Regional Advisor, Child Protection, Asia, who provided Child Protection Technical Assistance to the Nigeria programme.

## Journalists visits Working to Improve Nutrition in Northern Nigeria (WINNN) project sites

As an organization, Save the Children has been engaging with the media, in order to shed light on program areas being implemented, enlighten the public on some of the key issues being addressed and advocate to the various decision making bodies concerned to do more. An example of this is the recently concluded Media field visit that was conducted by the Working to Improve Nutrition in Northern Nigeria (WINNN), a project being implemented by UNICEF, Save the Children's Everyone Campaign and Action against Hunger (ACF).

The field visit was held in Zamfara and Katsina States and involved National and International media, specifically British Broadcasting Corporation (BBC) Hausa, Nigerian Television Authority, Radio Nigeria, Daily Trust Newspaper and Guardian Newspaper. The trip, which was held from 23<sup>rd</sup> – 27<sup>th</sup> of June, 2014, provided an opportunity for the journalists to learn about malnutrition, its causes and its effects if not treated. During the visit, they got a chance to see and interview mothers whose children had been affected by malnutrition but were beginning to recover as a result of the treatment being received at WINNN supported health facilities.

The journalists went further to visit Infant and Young Child Feeding (IYCF) support group meetings, where they got a completely different picture. They saw healthier children, whose mothers had learnt about exclusive breastfeeding and appropriate complimentary feeding, and were now practicing them. They interviewed these mothers and some Community Volunteers who had been following them up, to ensure they were practicing what they had learnt at the support groups meetings. Their experiences with the beneficiaries of the programme informed their choice of questions at the next point of call, which was to visit and interview some of the Government Officials in the states who are in charge of Nutrition. These included the Directors, Primary Health Care (DPHC) and the State Nutrition Officers (SNO).

The Government officials shared the experiences of their states with them, especially on some of the reasons behind the existence of malnutrition in the states. They said despite the vast farmlands and variety of foods available, the people lacked information on how to prepare the foods, in order to get the needed nutrients from them. According to the State Nutrition Officer, Katsina State, Hajia Rabia Maman Daura, *"I cannot say its lack of food. It is lack of proper awareness. Now we have proper awareness on Infant and Young Child Feeding. Partners are supporting this program to give awareness to both men and women in the communities... so that they can be guided, to ensure their children will not come up with malnutrition. Since their interventions started, we have seen remarkable changes. Now mothers are aware about exclusive breastfeeding and complementary feeding."*

According to Itunu Ajayi, a reporter for the Guardian Newspaper, *"it was an eye opener. Although I had done something similar for UNICEF, many of my colleagues did not know that malnutrition in Nigeria is real. It would be good for journalists who are passionate about health to visit places like these in order to learn more, and advocate to the Government"*.

Some news reports about the visit can be found here <http://tinyurl.com/keuvb3t>, <http://tinyurl.com/ptty9sh> and <http://tinyurl.com/plj5oue>



## #IDM2014

The Healthy Newborn Network worked with Save the Children Nigeria on the International Day of the Midwives via a Twitter chat to celebrate midwives like Catherine Ojo and the wonderful work they do. We talked about the state of midwifery in Nigeria and why we need to do more to ensure every mother and newborn survives the time of childbirth. The official Hashtag was #IDM2014 with direct questions flowing to Catherine with her handle @CatherineOjong. It was indeed a major success with over 140,000 Accounts reached just within an hour.

@CatherineOjong

Families in Nigeria often don't have access to a #midwife or a trained #healthworker. That puts pregnant women & newborns at risk #IDM2014

@CatherineOjong

There's a coverage & quality gap. Nigerian govt needs to scale-up training & ensure more mothers have access to a #midwife at birth #IDM2014



## Yes I can!!!

Here is a success story of Aishatu Muhammad one of the members of Alheri Group of Bayara community, in Links For Children Bauchi project site. She is a 30 year old woman and a mother of 6 children (3 boys and 3 girls). From her interview and statement below, the impact of being a beneficiary of the village savings and loans scheme has immensely changed her life and the lives of her family.

*“I used to have a small business but after I joined the Village Savings & Loans group and began to save, during our 1st cycle I was able to save up to N30,000 which I used to expand my business which entails buying and selling bags of rice I and also have a grinding machine which I use for commercial purposes. This business has empowered me and now I can support my husband at home and take care of myself and my children. For instance, of recent I have been able to pay my children’s school fees and I am certain that my children now have a brighter future”.*



Photo: During an interview with Aishatu showing her bags of rice

## Tips for coping after a traumatic event

A sudden illness, an accident or an assault, or a natural disaster - these are all traumatic experiences which can upset and distress us. They arouse powerful and disturbing feelings in us which usually settle in time, without any professional help. This article may be useful if:

- You have been through a traumatic experience and want to understand more about how you are feeling
- You know someone who has been through a traumatic experience, and want to get a better idea of how they might be feeling.



It describes the kind of feelings that people have after a trauma, what to expect as time goes on, and mentions some ways of coping and coming to terms with what has happened. A traumatic event occurs when a person is in a situation where there is a risk of harm or danger to themselves or other people. Situations like this are usually frightening or cause a lot of stress. In such situations, people feel helpless.

## What is a traumatic event?

Examples of traumatic events include:

- serious accidents
- being told you have a life-threatening illness
- violent personal assault, such as a physical attack, sexual assault, robbery, or mugging
- military combat
- natural or man-made disasters
- terrorist attack
- being taken hostage (being a prisoner of war).



## What happens immediately after a trauma?

Immediately after a traumatic event, it is common for people to feel shocked, or numb, or unable to accept what has happened.

**Shock** - when in shock you feel:

- stunned or dazed or numb, cut off from your feelings, or from what is going on around you.

**Denial** - when in denial, you can't accept that it has happened, so you behave as though it hasn't. Other people may think that you are being strong or that you don't care about what has happened. Over several hours or days, the feelings of shock and denial gradually fade, and other thoughts and feelings take their place.

## What happens next?

People react differently and take different amounts of time to come to terms with what has happened. Even so, you may be surprised by the strength of your feelings. It is normal to experience a mix of feelings. You may feel:

- **Frightened** ... that the same thing will happen again, or that you might lose control of your feelings and break down.
- **Helpless** ... that something really bad happened and you could do nothing about it. You feel helpless, vulnerable and overwhelmed.
- **Angry** ... about what has happened and with whoever was responsible.
- **Guilty** ... that you have survived when others have suffered or died. You may feel that you could have done something to prevent it.
- **Sad** ... particularly if people were injured or killed, especially someone you knew.
- **Ashamed or embarrassed** ... that you have these strong feelings you can't control, especially if you need others to support you.
- **Relieved** ... that the danger is over and that the danger has gone.
- **Hopeful** ... that your life will return to normal. People can start to feel more positive about things quite soon after a trauma.

## What else might I notice?

Strong feelings affect your physical health. In the weeks after a trauma, you may find that you:

- cannot sleep
  - feel very tired
  - dream a lot and have nightmares
  - have poor concentration
  - have memory problems
  - have difficulty thinking clearly
  - suffer from headaches
  - experience changes in appetite
  - experience changes in sex-drive or libido
- have aches and pains (feel that your heart is beating faster).

## What should I NOT do?

- **Don't bottle up your feelings** : Strong feelings are natural. Don't feel embarrassed about them. Bottling them up can make you feel worse and can damage your health. Let yourself talk about what has happened and how you feel, and don't worry if you cry.
  - **Don't take on too much**: Being active can take your mind off what has happened, but you need time to think to go over what happened so you can come to terms with it. Take some time to get back to your old routine.
  - **Don't drink or use drugs** Alcohol or drugs can blot out painful memories for a while, but they will stop you from coming to terms with what has happened. They can also cause depression and other health problems.
- Don't make any major life changes** Try to put off any big decisions. Your judgment may not be at its best and you may make choices you later regret. Take advice from people you trust.

## When should I get professional help?

Family and friends will probably be able to see you through this difficult time. Many people find that the feelings that they experience after a traumatic event gradually reduce after about a month. However, you may need to see a professional if your feelings are too much for you, or go on for too long.

You should probably ask your doctor for help if:

- you have no one to share your feelings with



- you can't handle your feelings and feel overwhelmed by sadness, anxiety, or nervousness
- you feel that you are not returning to normal after six weeks
- you have nightmares and cannot sleep
- you are getting on badly with those close to you
- you stay away from other people more and more
- your work is suffering
- those around you suggest you seek help
- you have accidents
- you are drinking or smoking too much, or using drugs to cope with your feelings.

### What is post-traumatic stress disorder?

Following a traumatic event, some people experience a particular condition called **post-traumatic stress disorder (PTSD)**. Symptoms that are most commonly experienced by people with PTSD include:

### What should I do?

- **Give yourself time** It takes time - weeks or months - to accept what has happened and to learn to live with it. You may need to grieve for what (or who) you have lost.
- **Find out what happened** It is better to face the reality of what happened rather than wondering about what might have happened.
- **Be involved with other survivors** If you go to funerals or memorial services, this may help you to come to terms with what has happened. It can help to spend time with others who have been through the same experience as you.
- **Ask for support** It can be a relief to talk about what happened. You may need to ask your friends and family for the time to do this - at first they will probably not know what to say or do.
- **Take some time for yourself** At times you may want to be alone or just with those close to you.
- **Talk it over** Bit by bit, let yourself think about the trauma and talk about it with others. Don't worry if you cry when you talk, it's natural and usually helpful. Take things at a pace that you feel comfortable with.
- **Get into a routine** Even if you don't feel much like eating, try to have regular meals and to eat a balanced diet. Taking some exercise can help - but start gently.
- **Do some 'normal' things with other people** Sometimes you will want to be with other people, but not to talk about what has happened. This can also be part of the healing process.

**Take care** After a trauma, people are more likely to have accidents. Be careful around the home and when you are driving.

### What professional help is available?

Your doctor might suggest that you talk with someone who specializes in helping people cope with traumas. They will usually use a talking treatment, such as counselling or psychotherapy. For example, a talking treatment called cognitive behavioural therapy has been shown to be helpful. You may find that there is a support group for people who have been through a similar trauma to yourself. It can be helpful to hear that others have had similar feelings and experiences.

Can my doctor prescribe any medication to help me cope?

Medication can sometimes be helpful following a trauma, but it is still important to see your doctor regularly to check how you are doing.

For more information contact: Naomi.Mutegaya@savethechildren.org  
Anne.Kpason@savethechildren.org

## Farewell Message from Country Director Susan Grant



With the end of 2014 advancing, I have had the good fortune to be the Country Director in Nigeria for over four years and a half. I have seen Save the Nigeria Country Programme transform into an innovative, exciting and respected organization which has demonstrated that it can adapt to deliver immediate and lasting changes for children in complex environments. There has been some challenging and difficult times however, we have met the challenges head on and survived. It was successful by working as a team to get through the rough times as well as the good times.

I hope to continue to provide support to the West and Central African region and to Nigeria in particular in a different capacity in the future. In the meantime, I confirm my commitment to each and every-one of you. In 2015 and years to come we will continue to promote One Save the Children to live our values and demonstrate good leadership in everything that we do. A big thank you to the entire staff of Nigeria Country Programme for your dedication and good work all through the years. I will be heading off at the end of September, 2014 and wish you and your families a happy and peaceful time over the coming years.

## Letters and Feedback

*It was good to read this newsletter. There are parts of it that I will share with other colleagues. I think the interview with Hadiza summarising what campaigning is really useful – especially for our colleagues who are new to campaigning and advocacy.* Poppy Lloyd, Senior Campaigns Advisor

*Thank you, Keep on Saving the Children* Dr. Andrew Mbewe, World Health Organization

*This is a great newsletter! Thank you so much for forwarding. We are glad you were able to feature the blog from Dr. Abimbola, and the launch of the report with Catherine Ojo. I have shared this with my colleagues in Saving Newborn Lives project ..* Joanna Paradis, Senior Specialist Communications, Saving Newborn Lives Program, New York

*Thanks for this informative publication. It's well appreciated.* Tamba Alfred, Human Resource and Support Service Manager, Liberia

## POEM: It is my duty by Dawn Butler, R. N

Culled From: [http://www.nursesareangels.com/nursing\\_poems.htm](http://www.nursesareangels.com/nursing_poems.htm)

I walk through those doors with pride,  
Who's life will i save tonight?  
Someone is waiting for me,  
Someone is alive today because of my duty.  
Sometimes we cry cause we can't save them all,  
God sometimes won't let us interfere when he calls.  
A baby's first breath when he looks at me,  
The joy of my first delivery.  
The tear i wipe away with my own hands,  
The life ending of a gentle old man.  
The night seems so dark and the morning so bright.

Being a nurse you see life in a different light.  
Who will i save tonight?  
Who will hold my hand during their last breath with no fright?  
Who will enter this world on my shift?  
How many mothers will greet their babies with a kiss?  
I don't know who these special people are  
but i will meet them with every call  
I will hold them tight and help the pain  
I will hold them up when they feel faint.  
I will be strong when i am needed  
That is my job, I am a nurse..that is my duty.



**Recommended books to Read** Culled from: <https://www.goodreads.com/book/show/8025746-news-from-home>



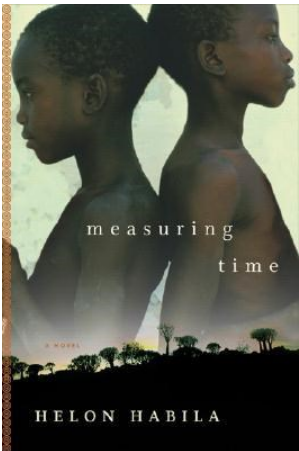
**News from Home: Short Stories (Interlink World Fiction by Sefi Atta**

Winner of the 2009 NOMA Award for Publishing in Africa. From Zamfara up north to the Niger delta down south, with a finale in Lagos, this collection of stories and a novella respond to and amplify the newspaper headlines in a range of Nigerian voices.

**Measuring Time by Helon Habila**

Mamo and LaMamo are twin brothers living in the small Nigerian village of Ketu, where their domineering father controls their lives. With high hopes the twins attempt to flee from home, but only LaMamo escapes successfully and is able to live their dream of becoming a soldier who meets beautiful women. Mamo, the sickly, awkward twin, is doomed to remain in the village with his father. Gradually he comes out of his father's shadow and gains local fame as a historian, and, using Plutarch's Parallel Lives as his model, he embarks on the ambitious project of writing a "true" history of his people. But when the rains fail and famine rages, religious zealots incite the people to violence—and LaMamo returns to fight the enemy at home.

A novel of ardent loyalty, encroaching modernity, political desire, and personal liberation, *Measuring Time* is a heart-wrenching history of Nigeria, portrayed through the eyes of a single family.



**CONTRIBUTORS:**

Susan Grant, Binyam Gebru, Abimbola Williams, Jife Tobun, Opeyemi Odedere, Abiola Alade, Wemimo Onikan, and Naomi Mute गया

**For further information please contact:**

**Save the Children Abuja Office**

No. 4, Danube Close, Off Danube Street, Maitama, Abuja

Or Call 09-7822670

Or visit

<https://nigeria.savethechildren.net>



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