
**ABSTRACT**

This article examines the relationship between intra-household resource allocation, decision making patterns and pre-school children’s nutritional status in rural Thika, Kenya. The study utilized the family resource management perspective. A random sample of 283 respondents comprising of 92 fathers, 94 mothers and 97 children participated in the study. Data were collected by means of in-depth interviews with fathers and mothers, and anthropometric measurements of pre-school children aged 3 to 6 years. Results showed that 34.4% of the children were severely malnourished, 26.0% were classified as moderately malnourished, and 39.6% were categorized as well nourished. Maternal factors that had significant relationships with children’s nutritional status included mothers’ level of education \( p=0.007 \), participation in decision making \( p=0.029 \), and time use \( p=0.008 \). Paternal factor that was significant included fathers’ occupations \( p=0.003 \). Other significant factors were cooking facility \( p=0.49 \), food variety \( p=0.004 \), and food distribution at the household level \( p=0.025 \). The paper concludes with implications for community resource management and nutrition intervention.

**Lucy W. Ngige, PhD**, Senior Lecturer, Department of Community Resource Management and Extension, Kenyatta University. P.O. Box 43844, Nairobi, Kenya 00100. E-Mail: ngigelucy@gmail.com