

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.