

RAPPORTAGE

BEDANKT
VOOR UW **BETROKKENHEID**

INTERIM REPORT INT-0000029463

CSP TZ0260 Q1

COUNTRY: Tanzania

GOAL: Help vulnerable (pregnant) mothers and their young children survive through support and education in the areas of health, hygiene and nutrition

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1. IMPLEMENTER UPDATE

Cognitive area

Cognitive development in early childhood refers to a baby or toddler's mental capacity or problem solving, language acquisition, learning about objects and relations between cause and effect, cognitive development is in other words immensely important and forms the foundation for many of the other skills children will learn later in life.

The first months of life have enormous consequence for social and emotional development much later in life and up through adulthood. We encourage caregivers to care for their babies` and develop a strong emotional bond which is the absolute best way to make sure children will grow up to be emotionally balanced and caring adults. We help parents to find the right development activities that suit their children`s current development stage. Playing games and having lots of fun is not just the right approach but is the essence of good parenting, play is part of children`s cognitive development and is also highly related to young children`s development of language and social skills during early years.

Young children develop through stages marked by developmental milestones. Caregivers provide their children with plenty of new textures and materials to play with, children love exploring and novelty boost brain development. Cognitive skills allow children to understand the relationships between ideas, to grasp the process of cause and effect and to improve their analytical skills. For a child`s ability to think, understand, communicate, remember, imagine and work out what might happen next expand, play plays an important role in cognitive development. We encourage families to spend quality time playing with their children which is especially good for cognitive development. That`s because playing together builds their relationship and sends a simple but powerful message to their children – you are important to me. This message is key to helping children learn about who they are and where they fit in the world. It also gives children confidence to keep exploring and learning about the world. Caregivers talk to their babies while making sure they are seen. Reading bible stories to their babies using different voices and showing them pictures. Changing activities when or before the baby becomes fussy (which is usually when the baby is bored). Placing toys within sight but just out of reach of their babies.

Physical area

Physical development includes the physical and motor skills that emerge during the first three years of life. These skills and abilities affect connections with other people, objects, and the environment, (i.e) advancements and refinements of motor skills, or, in other words, children`s abilities to use and control their bodies. Physical development is one of the many domains of infant and toddler development. It relates to the growth and skill development of the body, including the brain, muscles, and senses. For example, babies learn about the world as they

develop their physical senses of sight, touch, smell, sound, and taste. Preparing infants and toddlers for school requires more than developing a set of skills; it includes physical development and health. When an infant or toddler is healthy and happy, he or she is more likely to engage in learning.

Together with caregivers and all members of the family we perform simple, inexpensive, and very kid-friendly activities. For example providing an environment that encourages lots of time and space for energetic (and noisy) play in home and at the center setting to allow free movement. Playing games that involve running, hopping, throwing, and catching together. Inviting children to help with diminishing and other activities around the house.

Another big part of children's development is nutrition. Parents are the best resource in this area; introducing new foods in a persistent but non-coercive fashion, serving smaller portion sizes, encouraging children to stop eating when they feel full, stocking their homes with healthy available products, particularly fruits and vegetables, to encourage their children to choose them as snacks i.e. we understand and take care of children's basic physical and emotional needs such as affection, nutrition, safety, healthcare and hygiene, sensory stimulation, play, regular movement and independence by teaching caregivers to meet these needs.

Spiritual area

Learning how to grow spiritually is a life-long journey which occurs as we read and apply God's Word into our life. For caregivers and their children to grow spiritually they are taught, rebuked, corrected, and trained by God's Word. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.

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Growing in God is the perfect starting point for them to discover who they are in God and what are the plans and purposes of God for their lives. For new believers or more mature Christians they are blessed by this clear teaching. Caregivers have been learning how God has given them a new heart and a new spirit, they also learn what has not changed and what is next in their journey with God. Parents help their children to become spiritually strong by setting positive examples (children are encouraged by their parents' faith). Walking together in the faith is the most wonderful journey families take.

The church is God's tool for strengthening families and for being the family to those who don't have families. Families view the church as an arena where spiritual growth is practiced and where opportunities exist for growth to take place. The church is a great support and also the source of spiritual growth for children, children learn a lot by going to church, spending time with God's people and enjoying worship and service. But it's at home where children learn what faith means in practical terms. Kids learn how to handle emotions, money, and conflict at home as they watch their parents integrate biblical truths into the practical aspects of life. They learn how to make Godly decisions and how to trust God in the good and the bad times. They learn about humility and pride, trust and

betrayal. God works out his truth at home in ways that kids catch for the rest of their lives. Parents talk to God and listen to what he wants to say to them. They also share prayer requests in their homes and answers to those requests and letting other family members know that they are praying for them.

Social emotional

Children's social development is a critical section of the development process. As children develop and perceive their own individuality within their community, they also gain skills to communicate with other people and process their actions. Social development most often refers to how children develop friendships and other relationships, as well how they handle conflict with peers. Healthy social development help children develop language skills (speech and language skills) this is a positive cycle because as communication skills improve children are better able to relate to and react to the people around them, build self-esteem (a healthy circle of friends reinforces children's comfort level with their own individuality), resolve conflicts (stronger self-esteem and better language skills ultimately lead to a better ability to resolve differences with peers), establish positive attitude (positive attitude ultimately leads to better relationships with others and higher levels of self-confidence). Everyday experiences with parents are fundamental to children's developing social skill-set, parents provide children with their very first opportunities to develop relationships, communicate and interact. We encourage parents to respond to their babies' needs promptly (this helps a child learn how to trust), make eye contact, involve their babies' in daily activities, demonstrate their own love through words and physical affection, help their children express their emotions through listening.

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NB; Responsive care-giving supports infants in beginning to regulate their emotions and to develop a sense of predictability, safety, and responsiveness in their social environments. Early relationships are so important to developing infants in the early years, nurturing, stable and consistent relationships are the key to healthy growth, development and learning. Experiences with family members and teachers provide an opportunity for young children to learn about social relationships and emotions through exploration and predictable interactions. We support social-emotional development of infants and toddlers in various ways, including interacting directly with young children, communicating with families, arranging the physical space in the care environment, and planning and implementing curriculum

General success story

Families show warm, sensitive and responsive parenting which give children a sense of security that stimulates brain development and leads to better cognitive, behavioural and social skills. Parents and caregivers have been offering their children love, acceptance, appreciation, encouragement, and guidance. They provide the most intimate context for the nurturing and protection of children as they develop their personalities and identities as well as making sure the children are healthy and safe. Caregivers also utilize the knowledge gained during home visits and seminars to help others i.e. (parents have knowledge that increases their

power and confidence in the upbringing of children). Caregivers exhibit confidence in making decisions for their families. They also have an understanding of God and His Son Jesus Christ as well as Christian faith can enrich them and give them the hope of redemption (attending joint masses and forming friends with other caregivers during group lessons). We succeed in saving and preparing children to be apostles and educating parents to take good care of their children so that they can go through a good developmental process and early interaction (helping caregivers feed their children appropriately and how to connect with them).

Challenges

When we face challenges, God is demanding of us to step forth and cross the brook Cedron. We go beyond the dusky, ashy place of mourning, self-deprecation, self-pity, guilt, and fear to face squarely the task God has given us in helping these families. We move beyond mourning and feeling sorry for ourselves because of the challenges we're dealing with. We go forward to meet the problem with boldness, trusting God to give us strength and courage, to put the right words in our mouths and love and forgiveness in our hearts to release children from all troubles in Jesus name. We set goals in serving children to achieve them, but we cannot avoid challenges. The best feeling about reaching a goal is the journey it took to get there. If all our goals are easy, then we would feel nothing at the end of the process, what we face needs great mental or physical effort in order to be done successfully and therefore tests our abilities. We find solutions to minor problems we face and its one of the greatest effort to reach what we want. Minor beneficiary ailments, family problems, resistance to change, obstacles in achieving intended goals are being taken care of, we believe in helping one another and change is a gradual process.

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Prayer request

Good and Gentle God, we pray in gratitude for all caregivers and women who have joined with you in the wonder of bringing forth new life. You who became human through a woman, grant to all mothers and caregivers the courage they need to face the uncertain future that life with children always bring. Give them the strength to live and to be loved in return, not perfectly, but humanly. Give them the faithful support of their partners, family and friends as they care for the physical and spiritual growth of their children. Give them joy and delight in their children to sustain them through the trials of motherhood. Dear Lord, we know you have plans for all these children and we thank You and praise You for allowing their mothers and caregivers the gift of being their guardians. Please give us all the patience to continue being obedient to Your Word in raising these children and helping their families. Teach us all to wait in hope and confidence for you to make Your will know in Your time. Fill all caregivers and mothers with Your grace so that they may be restored and renewed in their roles. Help them to remember that they do not have to do this alone, that You are with them to strengthen and guide them always. We pray You guide these families accordingly as they draw near to You, may they understand Your word and apply them to their lives. In Jesus' mighty name, I declare and decree that a revelation of wisdom and knowledge of

the word would be dawned upon all families. Most of all, give them the wisdom to turn to you for help when they need it most. Amen.

2. INTERVIEW WITH A CAREGIVER

How old is your child and what is his name?

My child is 4 (four) months old and his name is Samir.

Describe any changes in your or your baby's health since joining Survival programming?

I thank God my health is getting better, I had challenges during childbirth but God has been with me all the time. For the challenges I encountered during childbirth, my health deteriorated I again thank God for the lessons I took during home visits (postpartum recovery/health), I learned how to take care of myself, I ate the best locally available foods I could find, focused on cleanliness and exercises, I thank God my health is improving. My partner supported me all the way until I could perform house chores. And as for my baby he's healthy, very healthy. Generally my son's health is good, he is breastfeeding exclusively, he continues to grow, I have not seen him suffering from flu, cough and stomach diseases such as diarrhea and other ailments. In fact, he is gaining weight rapidly, I am trying the best I can to follow the breastfeeding instructions so that he can be more healthier.

How has being part of Survival programming benefitted you?

I thank God that I am in Survival programming, I am learning many things that I was not aware of before. First of all I learned how to nurture my pregnancy and take care of myself physically, mentally, emotionally and spiritually as I joined this program when I was pregnant. I have been learning more things related to child care, how to take care of my family in the best spiritual way, to rely on God, my husband and I also learned to prepare the best environment to receive our new baby. The major benefit I get is education, for me I think the education I get through group and home visit lessons is better, studies of the environment around me, how to live and to succeed economically in all aspects are more important.

What do you enjoy most about being a part of Survival programming?

I enjoy being in survival programming because I clearly feel I haven't been forgotten and left behind, I thank God for this programming. I get the chance to learn various things above all self-reliance education so I can help my partner run the family. Learning is always a good thing, having a chance to learn something new about development and be used in contributing to society most of all contributing to my family is the best thing. I enjoy being able to serve people in the community in various ways I can, I feel proud to be a part of survival programming, I have the peace in my heart that the church serves me and my family.

What is one thing you have learned from being a part of Survival programming?

One thing I have learned and continue to learn is to trust God, no matter how many things I go through God is greater than the problems I have. I am very

encouraged when I hear some of the testimonies from my colleagues, I find the strength to move forward if praying to God with effort, in fact I will not stop praying because I have seen God's merciful acts towards me in the difficult times I went through. I continue to learn more about God and I understand the importance of loving others and treating them with kindness. I ask God to help me with what he has blessed me to help others too what I believe is that to help someone you don't require to have much, even the little you have can help someone else, because even I was once in need at certain times and Lord Jesus saved me.



A baby's first year is a time of amazing transition to develop critical motor skills that help them make small movements, hold up their head, sit up-right, crawl and eventually walk. Caregiver learned the things she could do to encourage the development of bones and muscles to help her baby reach milestones (i.e.) placing toys out of reach, supporting her baby's seat, setting her baby on his belly to prompt him to lift his head and chest.

3. PHOTOS



Caregivers and women in the church learned to make various things, medicines from herbs, such as pepper spray, mosquito repellent, palm soap and laundry soap. They also learned about various diseases such as malaria, AIDS, pain and pain management in various body parts. This training has helped them to gain an understanding of caring for patients in the community by using medicinal herbs.

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Healthy relationships and social support from the community are vital to lifelong wellness, and these interactions begin in childhood. Children learn by example and when they witness positive relationships or are emotionally supported, that observed behaviour will aid in their emotional skills and cognitive functioning later on. Caregivers learned the role of other children in the growth of children.



Caregivers described ways for them to be used in the community to please God as in Luke 10: 25-37 and benefit from the service they provide (giving other people food and drink, showing hospitality, dressing other people, visiting the sick and those in prison), they also listed opportunities within the area for use in the community.



A Christ centered home is a place where spiritual disciplines are practiced and family's goals are founded upon God's values, caregiver learned how to create an environment where every member of her family learns how to live by studying the Scriptures, praying on God's Word, and spending time alone in the presence of the Lord.



Having routines greatly benefits infants and toddlers because the repetition of a routine helps them learn. Routines help little ones learn social skills, safety, boundaries, self-control, how to deal with transitions and so much more. Caregivers learned planning of consistent daily routines to help their toddlers with learning, remain in control and feeling safe and confident.



Breast milk contains everything a baby needs for the first 6 months of life, in all the right proportions. Its composition even changes according to the baby's changing needs, especially during the first month of life. Caregiver learned the long-term benefits of breastfeeding her baby that could last right into adulthood as well as proper positioning of the baby while breastfeeding.



Women tend to be motivated by independence and self-realization. They seek a balance in work and family commitments. Caregiver wants to add to the advantage of helping her family financially. It is beneficial as a woman becomes a helping hand to the husband in terms of money. This family runs very smooth, depending on the situation of her environment she has chosen to do business at home.



As David showed kindness to Mephibosheth (2 Samuel 9:1-12) and brought him to his house, God shows us kindness because of Jesus. Caregivers learned how to show kindness to everyone regarding their physical appearance. God loves all His children, He knows all by name. The whole wide world over, His love is the same. He blesses His children with gifts bright and fair.



Bonding is the intense attachment that develops between parents and their baby. It makes parents want to shower their baby with love and affection and to protect and care for their little one(s). Caregivers learned how to improve bonding and relationship with their babies, this sets the stage for the growing child to enter healthy relationships with other people throughout life and to appropriately experience and express a full range of emotions. Caregivers also learned best ways to take care of themselves to make sure they improve and maintain healthy relationships with their babies i.e. spiritually (praying harder, seeking God as 1Chronicles 16:11 says Look to the Lord and his strength; seek his face always) physically (resting, eating a well-balanced diet and drinking plenty of water) and mentally (expressing feelings and emotions, staying focused and connected on positive things). It is essential for children to form deep, loving bonds with their parents and friends.

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Selling fish is another thriving & profitable fishing-related business that anyone can start with. Caregiver determined the type of fish she wanted to sell (fried catfish and tilapia), she made sure she had a proper storage for her products, given the perishable nature of fishes, it becomes imperative to handle her product nicely so that the real essence gets delivered to her customers and her products don't lose quality when they reach her customers. According to her convenience, she chose the platform where she would sell (in open markets). The enticing features of this business make it look promising. A right decision in terms of the marketing mix and she can tap a lot of potential available in this market and translate her efforts into lucrative profits. The money she makes from her business has assisted her rent a piece of land, which she plans to practice maize cultivation by irrigation before the rainy season.