

RAPPORTAGE

BEDANKT
VOOR UW **BETROKKENHEID**

INTERIM REPORT INT-0000023719

CSP TZ0260 Q3

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 encompasses a child's working memory, attention, as well as a child's ability to manage and respond to the experiences and information they experience on a daily basis. The first few years of a child's life are critical to their overall development, that's why caregivers are concerned making sure their children develop cognitive abilities they need early on. It is essential we think about not 'what' children think or learn, but how they are thinking and learning. Caregivers promote cognitive development in children through expressing interest in their children's activities and try to observe and reflect on what they believe they are trying to accomplish, sharing the joy children feel as they show them their accomplishments, helping children to keep focused and attentive by limiting distractions and interruptions.

Everyday experiences can impact a child's cognitive development. Parents foster their children's cognitive development as soon as they are born because doing so provides the foundation for children's success in school and later in life. Children's thinking and learning skills are improved with practice and the right training. Therefore we give a lot of importance to developing cognitive skills in early childhood. Cognitive skill means the ability to think, explore and understand. For children, cognitive skill development is the development of knowledge and problem-solving abilities and the child's capacity to understand the world around them and figure things out by themselves. These crucial skills enable children to process sensory information and learn new things.

Physical area

The first three years of life are characterized by dramatic changes in children's physical abilities. Children gradually develop the physical skills needed for their adult lives. Physical development includes both growth and the ability to use muscles and body parts for particular skills. Both gross (large muscle movements) and fine (small movements) motor skills contribute to physical development, and children often learn a set of skills by a certain age. Caregivers provide opportunities for young children to be active and interactive and to develop co-ordination, control and movement. We help caregiver understand the importance of physical activity and make healthy choices in relation to locally available foods i.e when children develop good physical foundation from a young age includes healthy bone mass and density, which will reduce the risk of developing bone-related diseases such as osteoporosis later on in life. For younger children, physical activity during playtime helps with the development of motor skills, which is responsible for helping them master the basic movements they need for everyday life. The development of a child's motor skills means that basic feats such as feeding oneself, tying one's shoelaces and even writing can be attained much faster.

We believe children can physically, mentally, socially and emotionally develop by taking part in physical activities, through daily physical activities promoted since birth, infants and toddlers learn through play hence developing gross motor, socio-emotional and cognitive skills.

Spiritual area

Through spiritual development, children learn to be aware of and comfortable with qualities such as respect, responsibility, and reverence for self and others. They learn to be capable of acknowledging differences between people without feeling fear. As children grow it indicates that children have spiritual capacities and experiences, which shape their lives in powerful and enduring ways. We encourage caregivers to raise children with positive relationship with spirituality, hope, faith and morality which is not difficult. Happiness does not come with toys or sweets. Beliefs and thinking play important roles in raising children. Faith and hope uplifts the mood of children and help them believe in themselves. Spirituality is connected to both, mental and physical health. We do not know what is going to happen in future. We prepare children in such a way that they get set for any kind of hardship in future. Spiritual strength will help them do so without any extra effort. Children will be able to find meaning in most difficult circumstances in life. They will meet challenges and lead a meaningful life. It does not matter how one trains or raises his/her child, spirituality will help a child have the desired emotional strength to deal with life's tough and difficult situations.

Above all, caregivers raise spiritual children with warm hearts and clear minds. Following children through the spiritual journey changes caregiver's lives. This is a good chance for parents to make self-improvement. Through children's journey, they travel theirs. Faith gives children the hope that they are never alone in life. Children's spiritual needs can be considered in terms of what may be universal (or innate) and in terms of what might be expressed through religious persuasion or affiliation to a faith community. Children appear to have an inbuilt curiosity about the world, which expresses itself in wonder and awe; in questions about where they came from; and the meaning of death.

Social emotional

In their first few years of life, young children acquire social and emotional skills, such as regulating emotions, sharing with others and following instructions. These skills lay the foundation for developing literacy, numeracy and other cognitive abilities that are critical for success in school and life. Early childhood is a crucial time for learning how to react to stress, make friends, handle conflict, care for others, wait patiently, and follow the rules. Mastering these concepts early in life paves the way to personal success and happiness throughout adulthood, making social and emotional development a vital part of early childhood education. It's never too soon to start practicing skills that will contribute to ongoing social and emotional literacy. Caregiver include activities that are designed to provide opportunities that facilitate the development of social and emotional growth. Caregiver use attentive and responsive methods to help their children acquire skills in developing positive relationships with people of various ages, learning about the

self and how to manage one's emotions and behaviour. We strongly believe helping children develop social and emotional skills is the heart and soul of this program for young children. We intentionally support children's social and emotional health by using children's books, planning activities, coaching on the spot, giving effective praise, modelling appropriate behaviours, and providing cues. We collaborate with caregivers in promoting children's social and emotional health by establishing trusting relationships, created when expressing warmth, affection, and respect. Children need to be taught and to have opportunities to practice social-emotional skills, in much the same way that they learn how to read and solve other problems. These efforts come with a big payoff, as strong social-emotional skills can help children in a wide variety of social and academic settings for years to come.

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

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 be reached to 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.

Prayer request

Lord, we want to thank you for the precious families we serve. For the talents and good things that You have given them. Please keep them united, and their bond strong as the days pass. Please guide them, protect them and equip them to do Your will each and every day. Thank You for all that You are, and all that You have given these families. Dear God, please forgive and heal all families from all the pain and disputes they had over the years. Please make them humbled and loving to one another. Thank you for filling our hearts with empathy, love and understanding. Thank you for transforming our relationship through Your love. May their relationship be renewed and healed. Help caregivers to always turn to You as the source of their own strength and compassion as they seek to serve the needs of their children.

We pray for expectant mothers, grant these women confidence and strength to dispel their anxiety and fear. Bless them with the courage and faith, always listening to your will and trusting in your loving care. As they prepare to bring new life into the world, grace them with good health and great joy. We look to you and your Son, Jesus Christ, as a sign of mercy and joy. We ask this in the name of your Son, Jesus and the Holy Spirit, now and forever. Amen.

2. LETTER FROM THE PARTNERSHIP FACILITATOR**How old is your child and what is her name?**

My child's name is Allicia Leonard Seth, she is eight months old.

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

At first, caring for my baby was like an endless cycle of feeding, diapering and soothing. But soon the signs of my baby's growth and development emerged. My baby's motor skills, vision, hearing and communication has improved a lot as expected. My relationship with my child has been the foundation of her healthy development. I trust my ability to meet my baby's needs, holding my baby, speaking freely, responding quickly to tears are the things I do to promote my baby's growth. I have learned that attachment contributes to my baby's emotional growth, which also affects her development in other areas, such as physical growth. My baby is healthy, not only from her physical appearance but also psychological state and social skill with her surrounding environment. She is through the stages of development at her age accordingly.

How has being part of Survival programming benefitted you?

Survival programming has been so helpful to me. Learning new skills have given me the mental and physical boost I needed. What I have been learning helps me develop a sense of feeling more connected to my community. Coming together with other women for a common purpose gives me a sense of community and belonging and benefits the place I live in.

Education on income generating skills, cognitive, social emotional, spiritual, physical health and development has helped me a lot. I've always wanted to learn new things, there is nothing more satisfying than a sense of achievement. Setting yourself a goal to learn something new, then achieving it, is super rewarding and gives a sense of accomplishment. Although learning has been challenging at this time, it has been fun and really helpful to me and my whole family.

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

Meeting with fellow caregivers and making friends with them while learning is what i enjoy most. Sharing ideas work, I'm able to get better at raising my children. Every time I share ideas with others and have a discussion with them about parenting skills (which focuses on discipline and raising the kids to become self-reliant and responsible individuals who treat others with compassion, respect and gratitude) I get better. I keep wanting to get better every day, the connections we make come through sharing knowledge and what we believe in, those connections in return allow us to do bigger things to support each other as women.

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

I have learned that the love of God purifies human hearts and through it we become transformed and self-sacrificing, as we reflect more the attributes and qualities of God. God's love is unconditional, but God also has expectations and requirements. If we don't meet those expectations and strive to fulfill those requirements, God doesn't stop loving us but is not happy, and expects us to continue to strive to do better next time. God is also extremely patient and appreciates effort. God has a purpose and a plan for each and every one of us. We all have unique gifts and talents as well as unique perspectives, certain friend groups, and various workplaces. God uses this rich diversity to carry out his will, and his plans are always bigger, bolder, and better than anything we could ever imagine. Jeremiah 29:11 says: *"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."*



Caregiver learned attachment is the unique emotional relationship between a mother and baby. It is a key factor in an infant as the brain organizes itself and how a child develops socially, emotionally, intellectually, and physically. The quality of the attachment bond varies. An insecure attachment bond that fails to meet a child's need for safety and understanding can lead to confusion about a child's own identity and difficulties

with learning and relating to others in later life.

3. PHOTOS



Caregivers learned ways of reading and writing skills which required them to translate well known basic vocabularies contained in claim document and classify intelligent means for understanding the claim document. The suggested scripture for the lesson was 'How to use your time to your advantage', Ecclesiastes 3:1-8, 14. Caregivers discussed the following concepts in small groups as seen in the photo (how time is a precious gift from God, how God wants us to use time wisely and for what purpose, what changes can we make in how we spend our time). They also learned that there's a season for everything as the bible says. God offers much wisdom in the saying 'There is a time for everything, and a season for every activity under the heavens.' God is sovereign. Our activity in this world is meaningful as we rely on His wisdom, His timing, and His goodness and the proper activity at the right time, bringing about God's purposes, is a beautiful part of God's overall plan.

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Women have goals and objectives to achieve in their lives. Working allows them pursue their dreams and talents, as well as work on their goals by pursuing careers of their choice. Women who work contribute towards economic growth through their jobs. A survival caregiver chose a good way to start her fruit business, her target was to serve consumers looking for fruits at low prices. She now attracts residential shoppers, local restaurant cooks, travelers and many other people. She orders fruits (bananas), potatoes and carrots from haydom. In addition to selling fruits she also considered selling related food spices such as ginger, because customers always search for unique items not available in their locale she asks customers what they want or are looking for and aim to fill their needs. She provides her products in a customer

friendly environment that encourages business growth. Apart from selling fruits she is also practicing goat farming.



The objectives of the seminar were to empower women from all walks of life by encouraging each other in parenting, carrying each other's burdens and drawing closer to Jesus. Raising a wholesome child requires the equal presence of the father and mother but mothers have unique roles and impact in children as they affect children's lives socially, educationally, spiritually and psychologically.



God speaks to us through other people. Caregivers are open to hear God through His people, one who fears God has great thoughts about God and knows God and puts his trust in God alone. Caregivers look to Jesus

Christ and remember that they serve a faithful, kind, and benevolent Master. From their hearts, they do all things believing our Lord. Knowing that they are precious to their homes.



Correct feeding in the first three years of life is particularly important due to its role in lowering morbidity and mortality, reducing the risk of chronic disease throughout their life span, and promoting regular mental and physical development. Jesus cares our health, caregivers discussed suggested scriptures John 5:1-15 'Jesus heals a hopeless person', as seen in the photo.



God promises that we can gain wisdom and understanding when we listen to Him. To listen to God, we must first be open and willing to receive His word. His words are alive and speak to us, caregivers with their partners listening to the word of God before the meeting where taking care of their children's health and putting more effort in conducting their income generating activities was emphasized.



The best way to prevent food allergies is to only breastfeed during the baby's first six months of life. Solid foods before six months increase the risk of allergies, especially in infants whose parents have food allergies themselves. Caregiver learned common food allergens and symptoms and best way to prevent food allergies to her babies.



Children need to feel secure and stable at home, having a place where they are physically, socially and emotionally secure is imperative for healthy development and a successful future. Children who feel a connection with their caretakers and their home go on to exhibit fewer at-risk behaviors later in childhood.



Accurate information concerning conception, nutrition, physiologic changes of pregnancy, labor and birth, and newborn care is essential. It assists expectant and their families through pregnancy with preconception planning and continue in an organized fashion throughout pregnancy based on the physical and emotional changes occurring during each trimester.



Infants and toddlers learn best in environments where they can have secure relationships with caring and responsive adults, where they feel safe and where they feel free to explore and learn. A well-arranged environment help caregivers meet the needs of infants and toddlers. Caregiver learned that infant stimulation improves her baby's curiosity, attention span, memory and nervous system.



The staff.