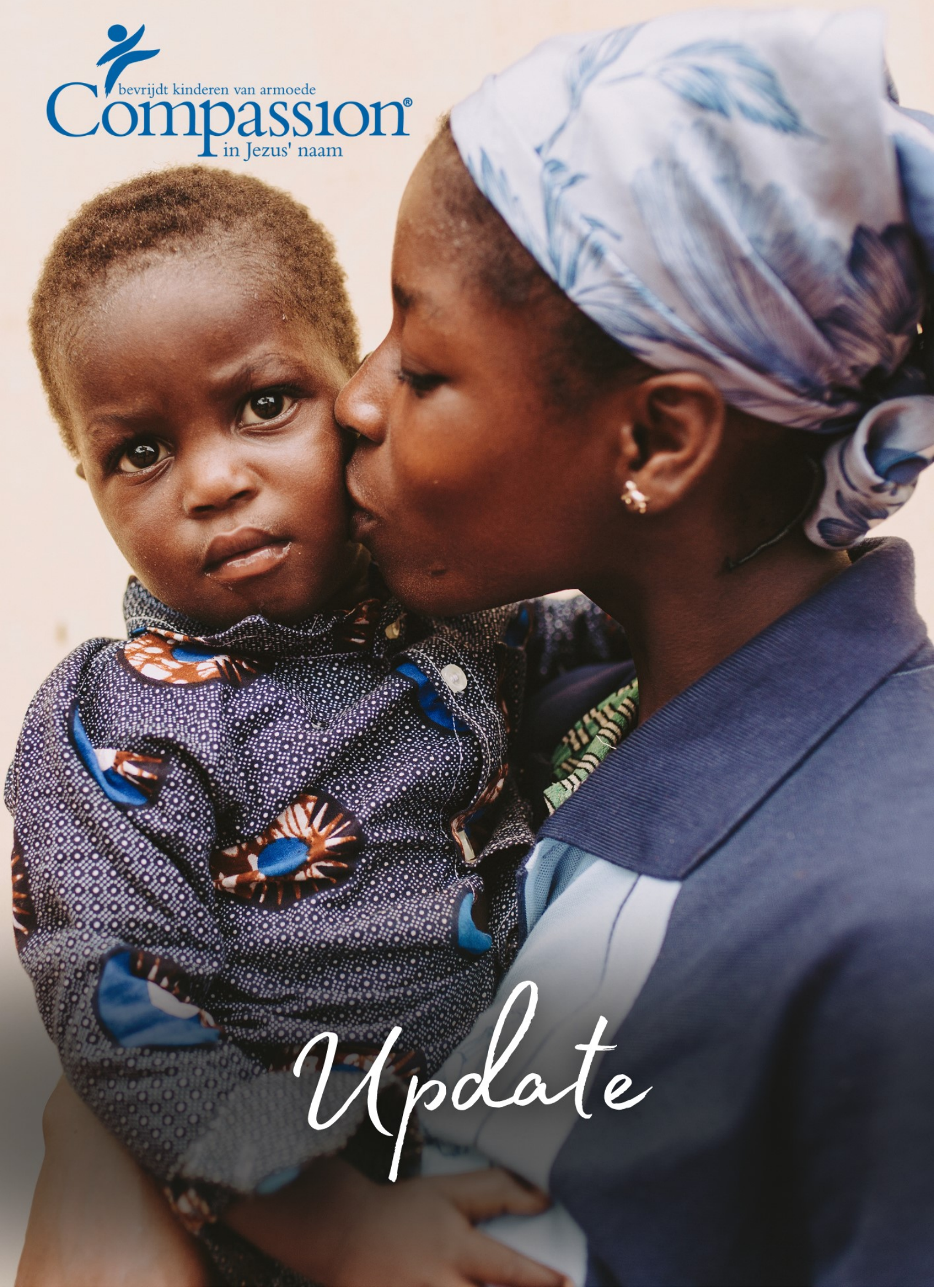




Update

UPDATE | SURVIVAL TZ0260

COUNTRY: Tanzania

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

FCP: TZ0260

INTERVENTION: INT-0000029463

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1. 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 the 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 in 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.

Socio-emotional area

Emotions are generated and regulated in the context of close relationships, such as mother-child relationships. Children's emotional development is primarily directed by mother-child emotional processes. Strong emotional connection forms the basis for all interpersonal relationships with family, teachers, and friends throughout the child's lifetime. We encourage mutually positive nurturing relationship between parents and their children that is crucial to modulating and regulating emotions, learning, and behavior. Babies start learning these skills from birth, as soon as they begin interacting with the people who care for them, they begin to develop an understanding of feelings. Parents help to nurture social-emotional skills so children develop healthy relationships with friends and family members. Strong, positive relationships help children develop trust, empathy, compassion and a sense of right and wrong, from birth babies learn who they are by how they are treated. We teach families to maintain loving relationships to provide their children with a sense of comfort, safety and confidence. We teach young children how to form friendships, communicate emotions and deal with challenges.

Infants experience, express, and perceive emotions before they fully understand them. In learning to recognize, label, manage, and communicate their emotions and to perceive and attempt to understand the emotions of others, children build skills that connect them with family, peers, teachers, and the community. These growing capacities help young children to become competent in negotiating increasingly complex social interactions, to participate effectively in relationships and group activities, and to reap the benefits of social support crucial to healthy human development and functioning. Newborns appear to attend more to stimuli that resemble faces they also prefer their mothers' voices to the voices of other women.

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.

Spiritual area

2 Peter 3 tells us to *“grow in the grace and knowledge of our Lord and Savior Jesus Christ.”* This is not referring to physical growth like we might see from plants. Rather, this is referring to spiritual growth and growing closer to God. Spiritual growth involves learning more about and leaning into God. Some caregivers start of their journeys, others are more familiar with God’s word while others may be completely new to the concept of salvation. Experiencing Christ with others have important benefits. Caregivers create relationship with other believers that allow them to encourage and support one another. Jesus Christ has given us his very great and precious promises, so that through them we may participate in the divine nature and escape the corruption in the world caused by evil desires. We encourage caregivers to make every effort to add to their faith goodness, knowledge, self-control, perseverance, godliness, brotherly kindness and love.

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.

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.

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, behavioral 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-depreciation, 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 be 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.

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 known 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 MOTHER

How old is your child and what is her name?

My child is nine months old, her name is Agnes.

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

I have seen dramatic progress in my child's health physically, socially and emotionally. I am aware that the early years of my child's life are very important for her health and development. And healthy development means that children of all abilities, including those with special health care needs, are able to grow up where their social, emotional and educational needs are met. Physical development has been evident primarily in my child's gross-motor and fine-motor skills. I have a quality interaction with my child by creating a positive, non-confrontational communication environment where all my children feel safe and comfortable to interact.

How has being part of Survival programming benefitted you?

As a caregiver I benefit when I am supported in my caregiving practices, within the family, the community and in health services. To support my child's healthy growth and development, survival programming emphasizes the importance of building the enabling environments in which my child can thrive. By focusing on nurturing care and assisting me in parenting aspects. I have learned that I need to be feeling well myself in order to care for others and therefore, my overall health being addressed is an important aspect of services that support my children's healthy growth and development.

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

I enjoy the education I get from various lessons, how to take care of my child when she is sick, how to play and interact with all my children (the parent-child interactions provide the primary social learning context from infancy, when interacting with my children they learn social skills, such as sharing, cooperating, and respecting things of others), breastfeeding support, self-confidence and self-esteem, worshiping together with other parents, education how to do practical activities, skills that help me to take care of my child and her overall needs at home, understanding of God and His son Jesus Christ and how the Christian faith has enriched me and my whole family. I now understand that Jesus is my hope of salvation.

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

I have learned that it's my duty to raise Godly children, as a follower of Christ I should reflect in my children. In the same way, I am a reflection of God my children are a reflection of me. I make sure that when they are out in the world that they are behaving in a way that would make God happy, children learn through observation of others, oftentimes their parents. My children learn what I model for them. I wanted my children to have a strong relationship with God, that's when I started building a strong relationship with God. Parenting is one of God's most important callings, children are a gift and blessing from God. The goal is to guide my children to a saving faith in Christ and to set them on a path to maturity, bringing them to the full measure of Christ's glory.





Attachment is a slow process that builds and deepens over time. Bonding is about the love, care and concern that are unique to a mother's relationship with her baby. Bonding and attachment happen when a mother consistently and warmly responds to her baby's needs for safety, attention and stimulation. Caregiver learned that having a strong bond with her baby imbues her with a sense of wellbeing.



3. PHOTOS



When people suffer from preventable diseases such as yellow fever, meningitis, measles and tuberculosis, they are often deprived of the ability to engage in play activities and sometimes unable to breathe easily while playing. Immunizations produce something in the body called antibodies that fight diseases i.e the antibodies produced in the body will always kill the bacteria and viruses that can cause dangerous diseases in our bodies. Caregivers learned that this can only happen when children and adults receive all the vaccines available in the community and for one to have the ability to play, smile and be happy he/she should be in good health. Caregivers discussed how immunizations protect their children against life-threatening diseases, they memorized the regionally recommended immunization schedule, designed a chart to set an immunization schedule for their children and classified natural ways to protect their children.



Small scale agriculture is very powerful to reduce poverty levels, caregiver planted varieties of crops on a small piece of land. She chose this because, crops such as beans are used to retain soil fertility and members of her family eat healthy and natural balanced diet. She involved her family members, in taking care of the farm with regard to the use of small tools such as hoes, it made the production input cheaper. She managed the farm closely by irrigating (because she started farming before rainy season), tracing the development of crops and pest control. Caregiver harvested and brought her grains to the local market she chose to sell raw corn directly to consumers while others visited the farm directly and purchased dry corn. She got a total of 10 sacks of dry corn, sold nine sacks of corn and bought one cow and a mattress.





Babies are born curious. It's a formidable, innate skill that helps young children to learn deeply and lastingly. Curiosity helps children learn efficiently. It is a novelty detector, driving them to explain the unexpected and resolve uncertainties. Using all of their senses, they explore anything unfamiliar until it is no longer unfamiliar. Caregivers learned their task in nurturing this.



Biblical behavioral management in the home sets a model of literacy at home. Children see that reading is valuable and when fluent enough can be asked to take a turn as well. Caregivers learned

shared activity of reading the Bible together builds a bond between all who take part in it. Bible reading naturally leads into a discussion of what we believe and how we live it out in our daily lives.



Children experience the same emotions as adults do, they experience happiness, sadness, anger, fear, loneliness and embarrassment, however, they do not always know how to express these feelings in appropriate ways. Caregivers learned how to ease their children's separation anxiety at home by keeping transitions short and sweet, having a good-bye routine and being consistent.



Time budgeting is about spending time on high-quality activities that help one achieve realistic goals. Just like organizing expenses to save more money, a time budget can conveniently help one get more things done. Caregivers learned time budget which helps them organize their daily, weekly, monthly, or yearly tasks according to priority level.



Communication with others help build positive relationship towards them, communication helps build relationships for several reasons. The more caregivers listen, the more they learn about others' perspectives. Listening thoughtfully, without judgment or interruption, is also a show of caring and respect. With stronger relationships come deeper feelings of trust between them and their families.





Caregiver identified her special skills, interests and experiences that could contribute to income for her family, she has always wished to have a more steady source of income, she also established a plan for pursuing further employment after child birth, she approached the marketplace every Monday and Thursday to sell tomatoes, potatoes, onions and pepper.



Members of this group meet regularly to save money together and lend to one another, allowing the group's deposits to earn a return. At the end of a savings group cycle, members are paid out their deposits, plus any interest earnings. Financial need, accountability, trust, and empowerment are all factors that made caregivers join savings groups and how the groups sustain themselves.



Women play a vital role in the community and church. Sermons focus on putting God first and fulfilling spiritual duties by attending church services and joyfully serving the Lord. There is no ostracizing or judgment on women because, in the eyes of God, everyone is loved. Caregivers and women of the church prepared songs and suggested bible scriptures. The sermon was led by caregivers and women.



The staff.

