

Mums & Bubs

The first critical year

December Update

 Releasing children from poverty
Compassion
in Jesus' name

tearfund

New Zealand

As the year wraps up, we're excited to celebrate your support of Mums and Bubs in 2024 by sharing beautiful images and stories of the precious mamas and babies you stand alongside.

Thank you for encouraging these women on their journey of motherhood and for giving their little ones **the very best start in life.**

Mums and Bubs programmes are both transformational and crucial for improving maternal health and infant survival rates. Sadly, 75% of all global childhood deaths occur within the first year of life. But by supporting this programme you are providing a circle of protection around these mothers and their babies and empowering them to thrive.

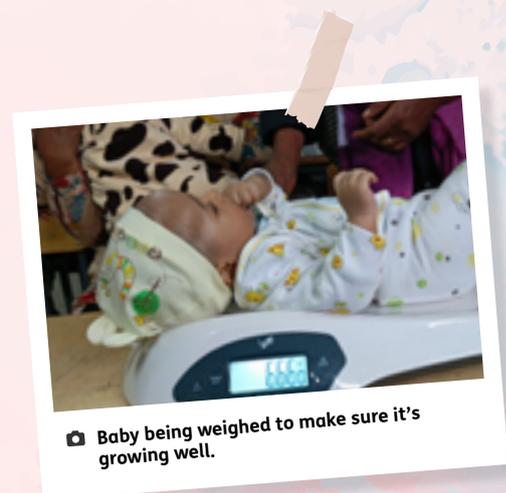
This happens for the mums through learning to successfully breastfeed, understanding the importance of nutrition for their baby, acquiring new life skills like baking and sewing to provide an income for their families, or growing in their relationship with God.

In this update you'll hear from a Kiwi mum who recently visited a project in Indonesia, see our Indonesian and Ugandan survival projects in action, and hear from a project facilitator about just how much your support means.

Settle in with a cuppa and your favourite Christmas treat and learn about the life-changing impact you're having on these mothers and their gorgeous little babies.

With Christmas blessings and many thanks,

The Mums & Bubs Team



Kiwi family visit Mums and Bubs project for the first time

Young Kiwi parents Jared and Holly, and their two little ones Selah (1) and Ata (4), visited a Mums and Bubs programme in Denpasar, Indonesia a few months ago. Holly reflects on the impact that time had on her.



📷 Mum Flosachy with her baby, who are part of the infant survival programme in Indonesia.

“We were greeted with dancing and smiling faces - and of course lots of happy babies!”

My girl Selah was intrigued by the toys, and I was equally intrigued by the other mothers. Despite the language barrier, I found we had many similarities; from breastfeeding to navigating birth, and the general worries of being first time mum.

It was a privilege to have an afternoon with these women, to see the impact the programme makes in their families, and the confidence it gives them to navigate motherhood.

Holly Buckley, Tearfund Sponsor



📷 Kiwi mum Holly and Indonesia mum Flosachy, holding their daughters around a similar age.

Shore Community Church visiting project in Indonesia

A few months ago, Tearfund took a group of young adults from Shore Community Church to Indonesia to meet the mums and babies they support.

The Auckland church has been supporting Tearfund's Mums and Bubs programme for two years and this trip was an opportunity to see the project in action.



Emily holding a baby her church supports.

One of the young adults, Emily Freestone, shared her experience.

It was amazing! The staff are so invested in the lives of these mothers and babies, it was really cool to witness. They have a great relationship with the mothers, which makes it a fun and friendly environment.

What I loved about the project was the weekly food parcels the families receive, the spiritual input the mums gain, and seeing the mums and their babies having fun through songs and playing games. It creates an opportunity for the mothers to connect with each other.'

Emily Freestone, Tearfund supporter



Young adults from Shore Community Church with the mothers and babies in Indonesia they're supporting.

Meet the mums and babies you're supporting!

You are helping to support approximately 270 mothers and their babies across 9 projects in Uganda, and 120 mothers and their babies across four projects within Indonesia. Thank you for being on this life-changing journey with them.



📷 Mothers and their babies from a project in Bali, Indonesia.



📷 Mothers and their babies from a project in Kupang, Indonesia.



📷 Mothers and babies from a project in Entebbe, Uganda.

Your support provides each mum in the project with...



Essential supplies to care for themselves and their babies



Prenatal and postnatal holistic care and wellbeing checks



Much-needed social connection and mental health support

Your support brings hope

Home visits

Compassion's survival specialist, Ms Adel, is visiting Ms Dewi and her baby son, Jrisman, in their home. This visit aims to encourage Ms Dewi in maintaining a clean and hygienic environment, ensuring a safe and healthy home for her family.

They talk about how unclean surroundings can lead to illnesses like diarrhoea, as germs and bacteria can quickly spread in some conditions.

Ms Adel and Ms Dewi discuss the importance of regularly cleaning the house and surrounding areas, washing hands before preparing meals, and promoting good hygiene practices among all the family members. Ms Dewi learns how the entire family will thrive in a clean environment.

Every month, a Compassion staff member will visit each of their programme participants. In this photo above, taken in August, a survival specialist is visiting six-month-old survival baby Putri. At her age, she needs solid foods. During this visit, the survival specialist helps Putri's mother, Ms Yulfantia, prepare these foods for the first time. To guide her, she has brought some prepared meals as examples, showing Ms Yulfantia an example of a balanced, nutritious meal. This hands-on guidance helps mum understand the nutrients Putri needs, and she learns how to use local ingredients to prepare the healthiest meals for her growing baby.



Ms Dewi learns the importance of having a healthy and clean home for baby Jrisman.



Ms Yulfantia learns how to make healthy, nutritious meals for baby Putri.

Medical and nutritional care

In this group session in August, Compassion staff guided the mothers and caregivers on essential strategies for ensuring clean water for their families.

The session began with a time of praise and prayer, followed by a discussion on John 5:1–15, where Jesus heals a helpless man who was sick. This story helped to set the scene for understanding the importance of clean water. The survival specialist explained simple methods for purifying water and advised the mums on choosing the safest way to store it, so they can better care for their babies. Their session ended with some play time together.

In the photo, survival parents are gathered at the project for a family planning health talk led by Lydia, a health worker from Kigungu Health Centre. In this session, Lydia addressed common myths surrounding family planning. She provided an overview of different family planning methods, discussed their benefits, and emphasised the importance of couples visiting designated health centres for accurate information and guidance.

In a one-on-one session, this survival volunteer guided Treasure, the mum, on vital childcare practices. Treasure expressed that she was dedicated to her child's wellbeing through maintaining a clean environment, practicing good hygiene, and providing safe, nutritious food. She recognised the importance of preventing illness and was encouraged to seek medical care at health facilities whenever her child is unwell.



📷 The mothers learn about clean water in a group session.



📷 Survival parents gather to learn about family planning.



📷 Mum Treasure having a one-on-one session with a survival volunteer.



📷 This mother takes part in a literacy class, tailored to her specific needs.

Improving literacy skills

In this photo a mum with her baby is participating in a literacy class led by a facilitator. The session aims to identify each mum's unique needs, allowing the programme to be tailored to support their learning journey and to improve their literacy skills effectively.

Learning about the love of God

At this centre in Uganda, the mums come together for a time of fellowship. In this session, they are reflecting on God's promises, drawing inspiration from Jeremiah.

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.'

Jeremiah 29:11

Mothers are encouraged to place their hope in the Lord, trusting in his guidance through hard times. They are reminded that God hears their prayers and has a perfect plan for each of them. Some mums even shared testimonies of how God's faithfulness had transformed their lives – helping them provide for their families, secure education for their children and achieve financial stability.



📷 Mothers taking part in a Bible study.

A message for you from a Mum and Bubs project

Rhonah, the director at Kingungu Child Development Centre has a special message she'd like to pass on to you.

Hello, my name is Rhonah,

We are deeply grateful to you for your ongoing support in ministering to the people of Kigungu. Your help enables the church to serve women and children, helping mothers and their babies not only survive, but thrive. The church is currently serving 20 survival participants and 66 home-based participants.

Last financial year, we received funding for two complementary interventions: parental education and income-generating activities. These initiatives have strengthened caregivers' parenting skills, empowered them with entrepreneurial abilities to build their livelihoods, and fostered greater involvement in their children's lives. Through these efforts, caregivers are now more self-reliant, motivated to provide for their families, and bonded with their children, which has boosted children's self-esteem.

Each Mums and Bubs project is facilitated by a local church, and your support has equipped the church with cookery and hairdressing tools tailoring machines teach vocational and skills, and provided 24 caregivers with funds for small businesses. A weekly savings group has empowered 25 mothers, with five starting successful income-generating activities.

Functional adult literacy classes have taught 23 home-based mothers basic reading and writing skills, enabling them to read the Bible in their own language. Medical support has assisted caregivers and participants with critical health needs, including surgeries for hernia and heart issues. Ongoing psychosocial support has helped families live in harmony, reducing domestic violence and fostering fathers' engagement in their children's development.

Thank you for your invaluable support, may God bless you.



Rhonah Kansiime
Kinungu Child Development Centre Director



How you can pray...

- Praise God for the success of these programmes, and the continued support enabling mothers and their babies to thrive.
- Praise God for the dedicated staff committed to standing alongside mothers in their journey of motherhood.
- Pray for all the newly pregnant mums who have recently joined, that they will find friendship and a sense of belonging.
- Pray for the spiritual growth of these mums, that their relationship with God would deepen and they would feel confident to share about the love of Jesus in their circles of influence.
- Pray for health and wellbeing for the mums and babies, and the staff members who support them.
- Pray for strengthened family relationships, for peace and harmony and ask for continued transformation in fathers' involvement in their children's lives.

Send some love!

If you have a word of encouragement to share with the mums, feel free to email us at: info@tearfund.org.nz and we'll pass it along.