

Mums & Bubs

The first critical year



January – June

2026 Update



📷 Mums and Bubs survival programme, Indonesia.

A baby's first year can shape the course of their entire life. Thanks to your generosity, more mothers are receiving the care, encouragement, and practical support they need during this critical season.

You're helping transform the lives of mothers living in poverty during their babies' first critical year of life. Mums are now receiving support during labour, followed by postpartum assistance with breastfeeding and practical materials, as well as emotional support.

In the pages that follow, you'll see how your donation to the Mums and Bubs programme has played a major role in securing better health outcomes for babies, reducing maternal stress, and giving families a chance to flourish and build a stronger future together.

We all know it takes a village to raise a child. Tearfund's Mums and Bubs partner, *Compassion*, supports mums by offering in-home specialists for parental and childhood guidance, including practical help with access to clean water, nutritious food, immunisations and nappies.

Since our last update six months ago, your monthly donation has supported hundreds of mothers and their babies into well-resourced and supportive community programmes across Ethiopia, Uganda, and Indonesia.

This Mums and Bubs report explores the far-reaching impact of your generosity: not only are mothers and children cared for, but entire families now have access to nutritious food, medical care and are gaining a core understanding of child development.

When you read this update, we hope you are encouraged by the ways your donation is helping change the lives of these amazing mums and their precious babies.

Thank you for partnering with us,

The Mums and Bubs Team

Nurturing new mums

In Ethiopia, new mothers are provided with food supplies, hygiene materials, clothing and hair oil. These provisions make a big difference to these women, as most are unable to earn while they care for their babies during the first few months of motherhood.

Ayu joined the programme when she was eight months pregnant. She was able to give birth safely under the care of a birthing specialist, and her child has just turned one year old. “Because of this help, I left behind the severe poverty I had before.” The Mums and Bubs programme supplies Ayu with porridge, soap, salt, flour, oil, sugar, and other items. She gained new skills that she now uses to earn a living by selling and preparing food, and her baby is thriving.

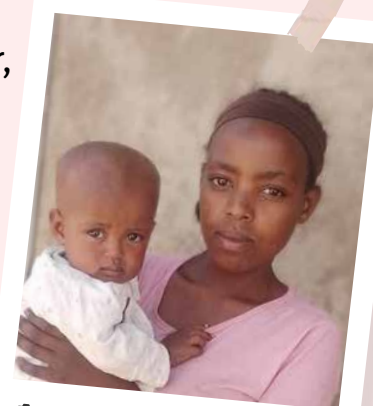
Each month, we monitor our child’s height and weight to track their development. Weekly, there are food and coffee gatherings where we share ideas and encourage one another, we have a very good time together. My child receives full health checkups twice a year.

The coffee programme and our prayer times are moments I greatly cherish.’

Ayu

The programme continues to provide health education sessions for mothers and babies, while offering a safe space for women to connect and build a strong sense of community. Here’s what Reverend Tessema, overseeing the Child Survival programme in Sebeta, Ethiopia has to say:

Mothers have been equipped with valuable livelihood skills, including urban farming, mandazi making, soap production (bar and liquid), tailoring, hairdressing and bookmaking. These trainings have empowered them to start small income-generating activities, helping to alleviate poverty.’



Ayu and her child.



Mothers from the survival programme in Ethiopia.

Your support in photos

These new photos tell their own stories from Mums and Bubs in Ethiopia, Uganda and Indonesia. We hope you see for yourself the impact you're having on these young lives through the survival programme.



- 📷 A staff member teaches a group of Ugandan mothers about financial management and how they can grow their money to better support their families.



- 📷 A mother in Maluku during a home visit discusses the benefits of breastfeeding for both maternal and infant health, and its impact on reducing the risk of breast cancer.



- 📷 A mum in Uganda shares with a caregiver the biggest change she's noticed since joining the survival programme: "Whenever my son gets a cold, the project responds quickly with treatment."



- 📷 A mum and dad share what they enjoy most about the programme's home visits: "We have learned that raising a child is not only the responsibility of the mother, but that the father also plays a very important role in building a child's confidence and emotional development from an early age."

Meet Nakato – A grandmother who stepped up

We love celebrating all mothers, and when Nakato's school-age daughter gave birth to a baby boy in their Ugandan village and was unable to care for him, Nakato took him in and committed to raise him as her own.

My name is Nakato. I am 49 years old, a single mother and the grandmother and caregiver of my grandson Musa, who came to me malnourished and often sick. That's when the project intervened and registered him in the survival programme. Since then, my grandson's life has changed greatly. The programme has been a blessing to our family.'

Nakato joined the programme to get the best possible care for her grandson, and along the way she received a practical education. "My favourite day centre activities are skilling sessions and health talks. I have gained many skills, including facial and makeup techniques, and basic business and life skills."

The programme also provided Nakato and her grandson with material assistance such as food, mosquito netting, bedding, and clothes. It went one step further in equipping her with a way to earn money for her family. "I have learned about urban farming and was able to start a small garden in my compound to grow vegetables."

Nakato has a clear vision for her future: "My dream is to raise my grandson into a disciplined young man and to grow my business as a stable source of income so that I can continue to take good care of him."

Through education sessions and the relationships she's made during community activities, Nakato has learned, "how to trust God at all times."

"Thank you so much for your continued support and love. May God bless you."

Your support of the Mums and Bubs programme is helping create safe and connected spaces for women to raise their children and gain new skills to support their families for a better future.



Nakato with her grandson, Musa.

Postpartum support

The Child Survival programme in Bali offers specialised care during labour, after birth and throughout the first year of a baby's life. With your help we're able to champion both mums and bubs to thrive by assisting mothers on their postpartum journey.

Sari joined the survival programme before her first child was born. Here, she reflects on her experience immediately after giving birth to her son, Ketut:

I felt so supported, as I received regular visits by Ms Citra and Ms Alya. I was having problems breastfeeding and during the first two days, my son had to have formula, and I used a breast pump.'

Sari continued to experience breastfeeding obstacles. The programme provided her with ongoing assistance from two compassionate health attendants that wouldn't otherwise be available.

"It worked after two days. Ms Citra helped me, so the milk flowed smoothly. My son consumed breast milk for nine months."

Ketut's weight is not always stable, but the programme has taught Sari how to prepare age-appropriate nutritious food, and he's now starting to enjoy his solids. Ms Alya continued to provide Sari with support by visiting regularly, providing complementary food and monitoring Ketut's weight and height.

I would like to thank you for your support, which enables Ketut, and other babies, to receive what they need through this programme, Jesus bless you and continue to give His abundance to you all. I pray you would succeed in everything you do.'

Sari



Sari with her son, Ketut.

Here's what Pastor Eko, overseeing the Samaritania Survival Programme in Bali, has to say:

We are now focusing on nutritional support for babies. The programme provides healthy and nutritious food at every home visit since our participants are now at the stage of getting complementary food.'



Give thanks for the life-changing impact of the Child Survival programme in low-income communities across Ethiopia, Uganda and Indonesia.

Please pray with us for:

- **Mums** expecting their babies in the coming months, that they would find friendship and a deep sense of belonging.
- **Mothers and newborns** across Ethiopia, Uganda and Indonesia to be healthy and strong in those early days and months.
- **Mums like Ayu, Nakato and Sari** in the programme, as they continue learning new skills and caring for their children.
- **Babies** to thrive with nutritious food, good medical care and well-supported caregivers, growing up deeply loved.
- **Church partners and project staff**, that God would equip them with compassion, wisdom and insight.
- **Continued provision** for the programme, and for more generous supporters so even more mothers and babies can be reached.

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.