



how mom & baby can **be healthy**

what is nurturing care?

Nurturing care is what all children need to thrive. It is defined as a stable environment that is sensitive to children's health and nutritional needs, and that provides protection from harm, opportunities for early learning, and interactions that are responsive, emotionally supportive, and developmentally stimulating. These environments offer acceptance and a sense of belonging and connection demonstrated through an active and constant relationship with the child or adolescent (Berry & Malek, p52. 2017).¹

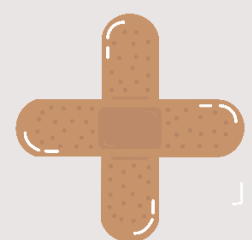


(WHO, 2018)

what is good health?

Good health refers to the health and well-being of children and their caregivers. Why both? We know that the physical and mental health of caregivers can affect their ability to care for their child. Good health includes:

- Family planning
- HIV testing, prevention of mother-to-child transmission of HIV
- Essential new-born care including kangaroo care for small babies
- Immunization of mother and child
- Growth monitoring and counselling
- Promotion of health and well-being including health care seeking behaviour
- Prevention and treatment of childhood illness and caregiver physical and mental health problems
- Care for children with developmental difficulties or disabilities
- Prevention and stopping of smoking, alcohol and substance use
- Support for caregivers' mental health
- Antenatal and childbirth care



There are various aspects to achieve good health – both mentally and physically. It may be daunting to say to mom “be healthy” but when you look at this list you can encourage mom in one aspect of being healthy at a time – that if achieved she will be taking a step to her and baby having good health. These actions will depend on the mom/caregivers’ physical and mental well-being. So, nurturing care therefore means we need to pay attention to the health and well-being of caregivers as well as children.

what can parents do?

- **Read the Road to Health booklet** for good and reliable advice
- **Follow the immunisation schedule** to make sure baby is up to date with all vaccinations
- **Attend all antenatal and postnatal check-ups**
- Mom (and dad) can also do **antenatal and postnatal classes** (look at [Flourish classes](#))
- Have good **health seeking behaviours** that during pregnancy, every positive action mom takes has a positive impact on herself and her growing baby
- **Mom – do not smoke, drink or use substances during pregnancy** – have healthy habits during pregnancy
- Look out for signs of **postnatal depression (in mom and dad)** and seek support
- If you have any concerns about baby or mom’s health – **seek support** – use the Useful contacts below to get help
- **If baby is sick, go to the nearest clinic** as soon as possible

Remember dad – you also have a role to play in helping mom and baby be healthy by ensuring mom seeks medical help as soon as possible, when necessary, by going to all the antenatal and postnatal check-ups, ensuring baby is vaccinated. Read the Road to Health booklet to see how else you can be part of making sure your baby is healthy

¹ World Health Organization, United Nations Children’s Fund, World Bank Group (2018) *Nurturing care for early childhood development: a framework for helping children survive and thrive to transform health and human potential*. Geneva: World Health Organisation. Retrieved from: [9789241514064-eng.pdf \(who.int\)](#)

useful contacts



Emergency Response (Police or Fire)	10111 From a mobile: 112
Ambulance	10177
Crime Stop	08600 10111 (anonymous reporting)
Department of Social Development Gender-based violence command centre	Call: 0800 428 428 Please call me: *120*7867# Report a case online: https://gbv.org.za/report-case/
National Women's Abuse Helpline (24hours)	0800 150 150 (confidential helpline)
Lifeline	0861 322 322 / 0800 150 150 WhatsApp 084 922 8808
Childline	0800 055 555 (toll free)
Child Abuse Badisa	Bellville: (021) 945 1064 Kraaifontein: (021) 987 2940 or 062 294 9241
Cape Town Child Welfare Society	021 638 3127
Rape Crisis (24hours)	WhatsApp counselling: 0832225164
National Shelter Movement in South Africa	Helpline: 0820578600 E – Mail: infohelpline.womencentre.co.za
Home Affairs toll free helpline	0800 601 190
SASSA toll free helpline	0800 601 011 / 0800 600 160 Grantenquiries@sassa.gov.za
SADAG Depression and anxiety	0800 21 22 23 SMS: 31393 WhatsApp: 076 882 2775
Cipla 24hour Mental health line	0800 456 789
Substance Abuse Alcoholics/Narcotics Anonymous	0861 435 722 or 0800 121 314 or 0861 006 962 SMS: 32312 WhatsApp: 076 882 2775
Red Cross: Poison Centre	0861 555 777
Suicide Hotline	0800567567
AIDS helpline	0800 012 322 WhatsApp 084 922 8808
MomConnect	*134*550# or *134*550*3# on your cell phone to receive 6 free SMSs. Or sign up at your clinic
Breastfeeding: Le Leche League	027 692 3041 to get your local group numbers

Remember: look at what NGOs or organisations and government services are available in your area that focus on safety and security for baby and mom and add those details to this list