



how to keep mom & baby safe & secure

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 safety and security?

Young children cannot protect themselves and are vulnerable to unanticipated danger, physical pain, and emotional stress. This includes:

- Provision of safe water and sanitation
- Birth registration
- Good hygiene practices – at home, at work and in the community
- Prevention and reduction of indoor and outdoor air pollution & clean environments free of hazardous chemicals
- Safe family and play spaces - young children, once they are mobile, can touch and swallow objects that can harm them,
- Prevention of violence by intimate partners and in families, as well as referring to services for addressing it
- Social care services (e.g. SASSA) - extreme poverty and low income pose serious risks that have to be mitigated by financial / social assistance
- Supporting family care and foster care over institutional care



what the local church can do?

Some ideas that we as the local church and individuals can do to encourage good healthy and support parents in protecting their children from harm:

- Implement a **Child Protection Policy** as a church, and
- **Create safe environments** that are physically safe and emotionally safe
- Talk about health and safety with families
- Being a **role model** for a safe environment, that a parent can come and feel safe (their safe space) and in turn the parents become the “safe place” for their children
- **Affirm in mom/dad** what you see her/him doing well, build their confidence, get them to talk more to their child, and identify enjoyable activities that the caregiver and child can do together
- We are not qualified healthcare professionals, but we could **refer or accompany** mom to the clinic / her healthcare provider there are concerns,
- Encourage **health seeking behaviours** and that during pregnancy, every positive action mom takes has a positive impact on herself and her growing baby, See the *Road to Health Booklet*.
- **Pray** for and with parents, for protection and when their children are sick,

useful resources to grow your understanding to promote safety and security

- [Connect Network](#) on [child protection](#)
- [Viva](#) – child protection resources
- [Ezrah](#) – child protection resources
- [Useful Contacts](#)

“My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one’s whole body.”

PROVERBS 4: 20 – 22

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



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| 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