



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 can parents do?

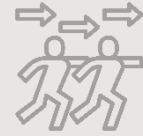
- **Read the Road to Health booklet** for good and reliable advice
- **Register baby's birth** at the maternity hospital or within 30 days of baby's birth
- **Create safe environments** that are physically safe and emotionally safe
- Ensure that when it is time for baby to drink water (after 6 months old) that the **drinking water is safe to drink**
- **Always wash vegetables** when cooking and **wash hands** when cooking, feeding or changing baby
- **Identify enjoyable activities** that mom and dad can do with baby to build a bond
- Have good **health seeking behaviours** that during pregnancy, every positive action mom takes has a positive impact on herself and her growing baby
- **Pray** for baby, and one another
- If there is any sexual, physical or verbal abuse (as well as any others) **seek support** – use the Useful contacts below to get help
- **If baby is sick, go to the nearest clinic** as soon as possible – or if you are concerned in any way, seek professional help
- If mom was working when she fell pregnant, see if she qualifies for the **Maternity UIF**
- See if mom qualifies for **Child Support Grant** if income in the household is causing increased stress in the home
- Make sure home is safe from **cleaning chemicals, sharp objects, things baby can choke on**, and that there are **no open water sources that baby can fall into**

“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 \(who.int\)](https://www.who.int/publications/m/item/9789241514064-eng)

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