



## A Community-Based Mothers & Young Child Center

**Project title:**

Safe Mothers and Child Care (SMCC)

**Target group:**

Mothers and young children under 5 years

**Project location:**

Siem Reap Province

**Total funding requested:**

\$8,550

**Project duration:**

12 months

**Recipient organization:**

Build Your Future Today Center

**Background:**

After the war, the toll on the people of Cambodia was immense. Most of those remaining had lost members of their families, leaving countless widows and orphans. In addition, many were left disabled from the war and its after effects such as land mines. The people faced many obstacles to resuming a normal life such as ill health, lack of education and in particular poverty. Moreover, the psychological trauma from years of war, compounded by the enduring suffering of many survivors, began to manifest in dangerous behaviours. An increase was seen in drug and alcohol addiction, the spread of communicable and venereal diseases, violence within families, smuggling and/or sexual abuse of children, as well as other criminal activities.

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Worried by this horrific crisis, Prof. Sedtha Long established the Build Your Future Today Centre (BFT). Sedtha's life is nothing short of an inspiration. Despite experiencing suffering and hardship during the Khmer Rouge regime in addition to 12 years as a refugee at the Cambodia-Thai border camps, he has continually demonstrated determination and care for his fellow people.

The BFT Center, located in Siem Reap, Cambodia is a local non-governmental organization recognized by the Ministry of Interior and Ministry of Education and Youth, unaffiliated with any religious or political party. BFT is highly committed to providing the opportunity for people, especially children who have been living through hardship and poverty, to adopt effective solutions to improve their lives. This is built upon two principles. First, that "Knowledge is Hope", and second "Peace is Development".

Since 2006 BFT has been actively implementing programs of Community Education Development, Community Health & Nutrition Development, Community Peace Building and Child Support Center. So far BFT activities have achieved the following:

- 100 orphans and indigent children have been saved, given support and education at the BFT center
- 750 community school children have improved their health through nutrition programs each year
- 150 community children aged under 5 years have improved their health through nutrition programs
- 1500 community poor children have accessed primary and high schools each year
- 1000 children and youths have had the opportunity to acquire skills in English, Computer & Internet literacy each year
- 2000 community children and adults have access to clean water every year
- 200 illiterate adults have participated in the adult literacy and life skills training
- 50 extremely poor families living under critical conditions have had their lives improved through income generation activities each year
- 45 non-government teachers have been trained at BFT center
- 300 participants from NGOs, local business, and individuals have received leadership and management skills training
- 5000 primary and high school children have received moral education
- 850 community people have been participating in the domestic violence reduction training
- Over 500 fruit trees were planted among the villages under BFT target areas

BFT is very proud of and grateful to all compassionate supporters and donors:

- From 2007 by Robert Ellis Family Foundation based in the USA
- From 2009 by Make Every Child Count (MECC) based in Australia
- From 2010 by the Anderson Family Foundation of Hayman Homes based in Australia
- From 2010 by the Lions Club International of Singapore for community road construction project

BFT has also been very fortunate in gaining local and international support from our staff, volunteers, and friends around the world including Australia, USA, Norway, UK, Singapore, Japan, Brazil, and Chile.

**Summary of project description:**

Major obstacles to child survival in the developing world include infections, parasitic diseases, malnutrition and the risks associated with low birth weight and high fertility. A serious malnutrition problem exists in Nokor Thom commune, Siem Reap District Province. Though high nutrition foods are available in the commune, it is apparent that mothers do not have an understanding of exactly what foods contain the most value for their children. The most significant person in the life of the young child is the child's mother. Research has shown that the children of mothers who have a good understanding of how to provide good nutrition to their children stand a significantly greater chance of survival during the first three years of life (87% survival rate) as compared with children of mothers who do not know how to provide good nutrition (43% survival rate).



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The use of volunteers to provide community service is a new concept in Nokor Thom and can be capitalized upon as a viable way to provide trained manpower for the offering of educational services. SMCC works in co-operation with the Nokor Thom commune health centre.

Safe Mother and Child Care (SMCC) has been established in Kok Yieng and Trachrum Village. SMCC will focus on providing nutritional food and education, counseling for mothers, and early childhood education, especially those from extremely low income areas. It is expected that through the providing of information for mothers it will be possible to have a direct and positive effect on the well-being of the young children in the community.



SMCC will utilize volunteers who are local community members and staff from the BFT center. Each volunteer will be expected to successfully participate in a training program at the beginning of their work with SMCC. The training program will provide basic nutritional information for mothers and information on adult teaching methods and how mother and child interaction. The volunteers must demonstrate proficiency during the initial training program to learn effective nutritional counseling techniques. Each volunteer assisted by project staff will be expected to contribute 3 - 4 hours each day and to continue with SMCC for a period of 2- 3 years.

SMCC will operate with 3 part time staff members. In addition, volunteers will assist with the center's operation. Periodic evaluations will be conducted to assess the value of SMCC in a) helping the volunteers become effective educators, b) the development of new understandings on the part of local mothers and c) the improvement of the well being and early education of children in Kok Yieng, Trachrum and Kravan villages.



**Purpose:**

- The SMCC aims to stop the cycle of malnutrition in mothers and young children and to promote early childhood education among the pre-school children

**Project objectives:**

- To eliminate malnutrition in children under 5 years.
- To reduce the rate of child and mother mortality
- To reduce the rate children repeating the first class
- To raise primary Awareness about Health
- To promote early childhood education among the pre-school children

**Proposed Project:**

Support is urgently requested to make available designated spaces in the community-base areas under the BFT project. Funds will be used to construct three simple buildings of wood and bamboo for Community-Based Mothers & Young Child Care Center for feeding care and education, along with a playground to promote the early childhood education and play for pre-school children and mothers. The creation of Community-Based Mothers & Young Child Care Center will become a focal point for providing information on food and nutrition for young children and their care-givers. In addition, the children will have the opportunity to become healthy, growing both physically and mentally through the playground and proper care from the interaction of care-givers and the children.

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## **Major project activities to include:**

### **I- Eliminate malnutrition in children under 5 years.**

1. Continually providing training, focusing on mothers and cooks.
- 2- To provide mothers in Kok Yieng, Trachurum and Kravan Villages with relevant information regarding health and nutrition.
- 3- To assist mothers in learning how to effectively apply health and nutrition information in helping their young children to be more healthy.
- 4- To teach mothers how to evaluate changes in the health of their young children.
- 5- Provide nutritious food
  - a- Provide food daily to malnourished children and children losing weight.
  - b- Provide food to children from 0-5 years, 2 times a week for malnourished children in middle.
6. Provide hygiene and sanitation
7. De-worming for School and pre-school children in community the project
8. Provide vitamins & minerals to malnourished children
9. Monitor the children's growth by measuring each child every 6 months

### **II- Reduce rate of child and mother mortality**

1. Once weekly education for pregnant ladies and mothers with children (Take care during pregnancy, 3 important food types, breast feeding and sexual health, diarrhea, dengue fever, malaria and hygiene sanitation).
2. Vaccination for mother and child
3. Volunteer, community health (HIV)

### **III- Primary Awareness about Health**

- 1- Family Planning (Birth Spacing)
- 2- Sexual Health Care Services
- 3- Increase use of public health care services
- 4- HIV/AIDS
- 5- Clean Water

### **IV-Reduce the rate of children repeating the first class**

- 1- Set up the early childhood education center (garden, library and food feeding)
- 2- Basic training and education for children (singing, playing games, narrative story and exposure visits)
- 3- Encourage mothers to participate in providing early education for their children
- 4- Provide training to mothers to understand about communication / interaction between mothers and their children.
- 5- Reduce violence towards children.
- 6- Select the focal point teacher in each center.

**The proposed project is expected to be completed within 12 months of securing support.**

### ***Work Plan:***

<b>Activities</b>	<b>Expected results</b>	<b>Indicators</b>
<b>I- Eliminate malnutrition in children under 5 years.</b>		
1. Continually providing training, focusing on mothers and cooks.	Quality cooks are available in the community	1. Documentation of all training courses for cooks
2- To provide mothers in Kok Yieng, Trachurum and Kravan Villages with relevant information regarding health and nutrition .	Community mothers & pregnant lady increase their knowledge of health care and nutrition.	1. Documentation all information
3- To assist mothers in learning how to effectively apply health and nutrition information in helping their young children to be more healthy.	Young children in the community will improve their health.	1. Reports of BMI of all the children
4- To teach mothers how to evaluate changes in the health of their young children.	The community mothers will understand how to evaluate changes of their children's health.	1. Reports of BMI of all the children

5- Provide nutritious food a- Provide food daily to malnourished children and children losing weight. b- Provide food to children from 0-5 years, for malnourished child in middle.	Community children especially those experiencing severe malnutrition will demonstrate improved health.	1. Documentation of daily food menu 2. Reports of BMI of all the children
6. Provide hygiene and sanitation	Community mothers and children will access to clean water and also understand the importance of hygiene and sanitation	1. Documentation of water filters and house cleaning activities
8. Provide vitamins & minerals to severely malnourished children	Community children and mothers will show improvement in their health.	1. Records of receiving tablets
9. Monitor the children's growth by measuring the children every 6 months	BMI Data are available	1. Reports of BMI of all the children
<b>II- Reduce rate of child and mother mortality</b>		
1- Once weekly education for pregnant ladies and mothers with children (Take care during pregnancy, 3 important food types, breast feeding and sexual health, diarrhea, dengue fever, malaria and hygiene sanitation).	The infant and mother mortality rate is decreased	1. Documentation of young child and mother mortality
2- Vaccination for mother and child	All community children and mothers received vaccination	1. Yellow card and records of receiving vaccinations
3- Volunteer, community health (HIV)	A volunteer spirit will encouraged in the community	1. List of volunteers
<b>III- Primary Awareness about Health</b>		
1- Family Plan (Birth Spacing)	Communities understand how to control birth	1. Documentation of newborn babies
2- Sexual Health Care Service	Community receives knowledge about safe sex	1. Documentation of diseases relating to sexual health
3- Increased use of public health care services	Community will be informed where they may receive proper health care	1. Documentation of community accessing the health center or referral to hospital
4- HIV/AIDS	Community people are aware and understand how to prevent HIV / AIDS	1. Documentation of all training sessions about HIV / AIDS
5- Clean Water	Community children have access to clean water	1. Records of water filtering
<b>IV-Reduce the rate of children repeating the first class</b>		
1- Set up the early childhood education center (garden, library and food feeding)	Community pre – school children will have the opportunity to participate in education on their early age.	1. Report and plan of building construction
2- Basic training and education for children (sing, play games, narrative stories and exposure visits)	Community pre-school children receive their basic education at the center	1. Teaching schedule
3- Encourage mothers to participate in providing early educate for their children	Community mothers will participate in providing early education for their children	1. Teaching schedule with list of mothers
4- Provide training to mother to understand about communication / interaction between mothers and their children.	Community mother and children interact successfully	1. Documentation of training sessions
5- Reduce violence towards children.	Community child abuse is reduced	1. Documentation of training sessions and child abused at home and school.
6- Select the focal point teacher in each center	Community volunteers will be available in the project target areas	1. List of volunteers at each center
7. Construct building	Community-based mother and child care center buildings are developed.	1. Plan and construction reports

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## Time Frame

	1s mo nth	2nd mo nth	3rd mo nth	4th mo nth	5th mo nth	6th mo nth	7 th mo nth	8th mo nth	9st mo nth	10th mo nth	11th mo nth	12th mo nth
<b>I- Eliminate malnutrition in children under 5 years.</b>												
1. Continually providing training, focusing on mothers and cooks.		X	X	X	X	X	X	X	X	X	X	X
2- To provide mothers in Kok Yieng, Trachurum and Kravan Villages with relevant information regarding health and nutrition .	X	X	X	X	X	X	X	X	X	X	X	X
3- To assist mothers in learning how to effectively apply health and nutrition information in helping their young children to be more healthy.	X	X	X	X	X	X	X	X	X	X	X	X
4- To teach mothers how to evaluate changes in the health of their young children.				X	X	X	X	X	X	X	X	X
5- Provide nutritious food a- Provide food daily to malnutrition children and children losing weight. b- Provide food to children from 0-5 years, for malnourished child in middle.	X	X	X	X	X	X	X	X	X	X	X	X
6. Provide hygiene and sanitation	X	X	X	X	X	X	X	X	X	X	X	X
8. Provide vitamins & minerals to severely malnourished children			X		X		X		X		X	
9. Monitor each child's growth by measuring the child every 6 months					X	X					X	X
<b>II- Reduce rate of child and mother mortality</b>												
1- Weekly education for pregnant ladies and mothers with children (Take care during pregnancy, 3 important food types, breast feeding and sexual health, diarrhea, dengue fever, malaria and hygiene sanitation).	X	X	X	X	X	X	X	X	X	X	X	X
2- Vaccination for mother and child			X	X			X	X			X	X
3- Volunteer, community health (HIV)	X	X	X	X	X	X	X	X	X	X	X	X
<b>III- Primary Awareness about Health</b>												
1- Family Planning (Birth Spacing)			X	X			X	X			X	X
2- Sexual Health Care Service	X	X			X	X			X	X		
3- Increase use of public health care services	X	X	X	X	X	X	X	X	X	X	X	X
4- HIV/AIDS						X						X
5- Clean Water	X	X	X	X	X	X	X	X	X	X	X	X
<b>IV-Reduce the rate of children repeating the first class</b>												
1- Set up the early childhood education center (garden, library and food feeding)				X	X	X	X	X	X	X	X	X
2- Basic training and education for children (sing, play game, narrative story and exposure visits)				X	X	X	X	X	X	X	X	X
3- Encourage mothers to participate in providing early education for their children	X	X	X	X	X	X	X	X	X	X	X	X
4- Provide Training to mothers to understand about communication / interaction between mothers and their children.			X	X	X	X	X	X	X	X	X	X
5- Reduce violence towards children.	X	X	X	X	X	X	X	X	X	X	X	X
6- Select a focal point teacher in each center.	X	X										
7. Construct building	X	X	X									

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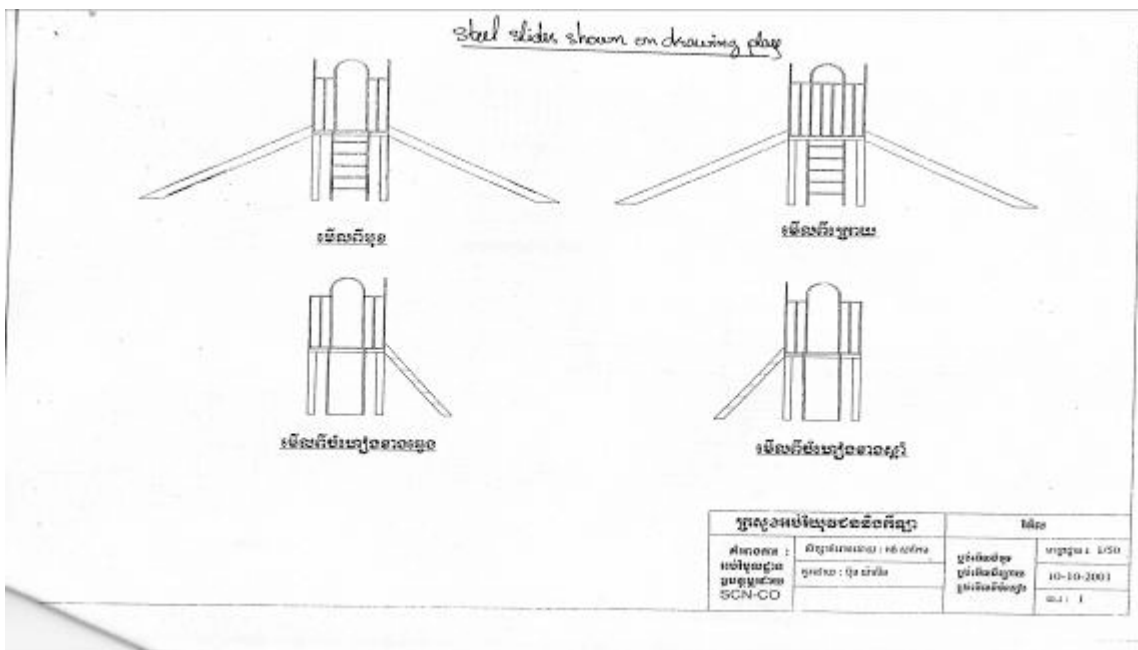
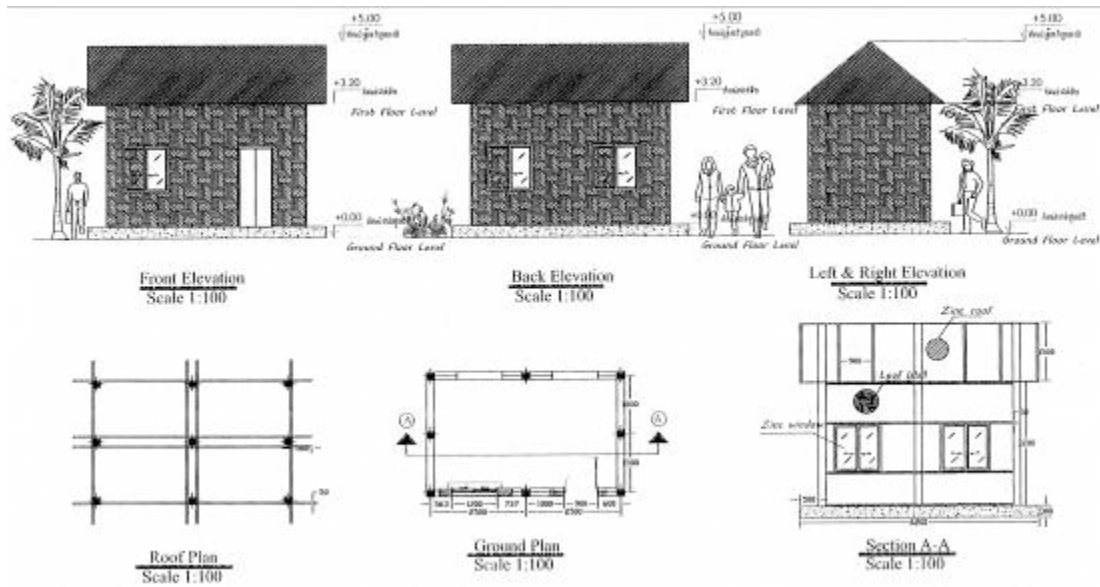
**Estimated Budget:**

**Items**

- 1. 3 wood & bamboo buildings as Community-Based Mothers & Young Child Center \$4,500
- 2. 3 playgrounds for Community-Based Mothers & Young Child Center \$1,950
- 3. Tables and chairs and book shelves for library \$1,500
- 4. Books and posters for library \$600

**Total: \$8,550**

**Designed Plans (Building and Playground)**



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