



# Elonwabeni Child and Family Centre

10 Alabama Street, Colorado Park, Mitchells Plain 7885

Act of Grace 35 – Section 21 Not for Profit

Registration No. 2005/036411/08

NPO 194-030

VAT No. 4960260463



## Young Mum's Initiative

**Elonwabeni Child and Family Centre** is a registered *Cluster Foster Care Scheme*, located in Mitchells Plain. We have 4 homes, with 6-8 children in each house, who have been placed in our Foster Care with us by the Department of Social Development.

In February 2020, *Elonwabeni* conducted a *Strategic Planning Workshop*, where we identified an increase in the demand for placement within our institution. Furthermore, the following challenges between the biological mother and her child/ren who are in our care at *Elonwabeni*, were identified:

- that the mothers of the children who are in our care, mostly have little or no relationship to their children.
- that 95% of the children at *Elonwabeni* have learning challenges, due to the fact that they were FAS babies, or mother used drugs whilst pregnant.

### We recognised:

- that mothers were ill-equipped to cope with motherhood, when they lacked resources and role-models.
- That early bonding between mother and child is vital for the quality of care and protection the child will receive.
- The mother's responsiveness to an infant signals impacts the child's social and cognitive development.
- Support for both Mother and child at an early stage, would reduce the chances of the child being neglected or abandoned

### Elonwabeni therefore committed to:

- Early intervention so as to reduce the risk of the child experiencing trauma and entering the Social System.
- support young moms to bond with their children
- provide the necessary support and training in matters of nutrition, supplements, substance abuse, domestic violence, etc.
- Counsel and support the young mother, her families and father of the child.

Due to Covid-19, schools shutdown, and pregnancies among teenage girls increased drastically. This reality emphasises the urgent implementation of our support for these young mums and their babies.

## Beneficiaries

- Young, pregnant women, aged 16 years and younger.
- Young women who are in their 2<sup>nd</sup> or 3<sup>rd</sup> Trimester.
- Young women who gave birth in the last 2 months.
- Initial beneficiaries will be drawn from the Heinz Park schools.

## Recruitment

- *Elonwabeni* will approach *Department of Social Development* to assist in identifying suitable beneficiaries who are in need of this support
- *Elonwabeni* will also approach *the local Primary and High Schools in the area* to assist in identifying suitable beneficiaries who are in need of this support

## Length of Support

*Elonwabeni* will support Mother and child throughout the pregnancy and until the end of the baby's first year.

## Objectives:

### 1. Ensure healthy development of the teen parent by:

- Ensuring the parent receives consistent medical attention, including prenatal and postnatal care.
- Providing supports that promote age appropriate developmental goals and address relevant mental health issues, including the impact of trauma.
- Providing education related to substance abuse (specifically the risks that substance use poses to the developing child), sexual health, the prevention of second pregnancies, and sexually transmitted infections.
- Encouraging healthy relationships with partners, peers, family members, and other supportive people.
- Promoting self-sufficiency outcomes for pregnant and parenting teens by helping them complete high.

### 2. Ensure healthy development of the child by:

- Ensuring the parent receives consistent medical attention, including prenatal care, to increase the likelihood of a healthy birth.
- Assisting the parent in registering for other supports such as Child Dependency Grant and ensuring that parent visits the clinic regularly so as to access medical care, including developmental screenings.
- Connecting the children of teen mothers and fathers with developmentally appropriate resources, childcare, and services for the child.

### 3. Develop strong parent-child relationships that promote attachment and bonding by:

- Providing access to programs that promote positive parenting and emphasize nurturing as well as age-appropriate discipline.

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Nelson Mandela*

- Connecting teens to models of good parenting practices and programs that provide education about essential parenting skills and the importance of responsive parenting.
- Offering training opportunities to practice parenting skills in a supportive environment.
- Support teens moms in creating their own support group.

**Programme Dates:**

Support Groups will meet twice a month, for 3 hours per session. Groups will meet at the school, and Elonwabeni will provide transport to our Training Rooms in Mitchells Plain.

**Tentative Dates:**

15.05

29.05

25,26 and 27<sup>th</sup> June (Camp)

10.07

24.07

07.08

21.08

04.09

18.09

06.11

20.11

**DATE: 20<sup>th</sup> April 2021**

**Compiled by Denise Landes**

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