

# Walk alongside a mother and child...



*Your gift supports mothers through their pregnancy and as they raise their young children.*

Too often, many Canadians take the luxury of running water, sanitation, hygiene and nutritious food for granted. Many mothers living in communities of poverty have never had the opportunity to learn the importance of hygiene, sanitation or nutrition.

Modesto, a young Guatemalan mother, lives in a remote community with an extremely high infant mortality rate. She took notice when changes were being made in her area. Community Health teams, led by our partners, taught mothers about hygiene, sanitation and nutrition: three essentials for healthy lives. She was skeptical at first, but then she began to see how a few simple changes in the lives of her neighbours made a big difference. The children were sick less often. They were happy and energetic.

As she attended the sessions, she learned about hygiene: washing frequently with

soap and clean water fought off disease. She also received breastfeeding support, learned when to introduce nutritious food to her infant and how to make sure her older children were eating a healthy diet.

**"I am grateful for the changes that I have made in my family. We have improved the hygiene in our house and grow a home garden and raise poultry. We don't get sick very often!"**



# Maternal and Child Health Sunday

## Healthy Moms, Healthy Babies



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