

Women of Hope Sunday

Equipping women and children
for the first 1,000 days of life



Hue Ja (21) and her son Por er (8 months) enjoy a nutritious meal.



WorldRenew

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Supporting families from the start

The first 1,000 days of life, from conception to 2 years old, are critical for any mother and baby. But in the remote forests of Laos, the risks are even greater. Most residents here make their living collecting bamboo, rattan, and herbs in the forest or working in the fields. Daily labour is the only way to put food on the table. When a woman is expecting a baby, that delicate balance of life can fall apart.



“Our main struggle is going to the field during pregnancy,” one young mother says. “Even if we’re in labour, we have to go to the farm to work. If we don’t work, we’ll have nothing to eat.”

But when community health volunteers are trained by medical staff at a World Renew-supported health centre, they can provide prenatal checkups, nutrition training, and preventative care that women would otherwise not have access to. “The village health worker, doctors, and nurses supported us so we could understand how to breastfeed. They also provided nutrition training for our babies and ourselves. The village facilitator demonstrated how to cook food properly and include nutritious ingredients.”

In this region, the infant mortality rate is 60 per 1,000—compared to 4 per 1,000 in Canada—but women of hope make a difference.

World Renew has helped train and mobilize volunteers in 13 villages, to support more women before, during, and after birth.

Pom (26) is a young mother living in Laos who had suffered the loss of five babies. But recently, thanks to her renewed hope and understanding, Pom gave birth to her daughter Chanh Samone at a district hospital. At a year old, baby Chanh Samone was healthy and strong: a future woman of hope.

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