



## Foundations: Promoting early childhood development and learning

*All your children shall be taught by the Lord,  
 and great shall be the peace of your children.*

**Isaiah 54:13**

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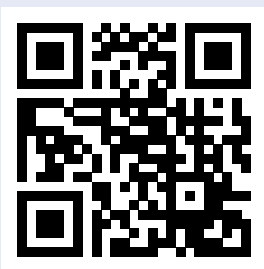
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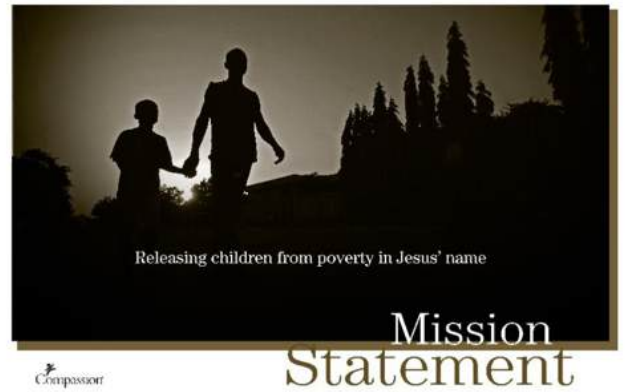
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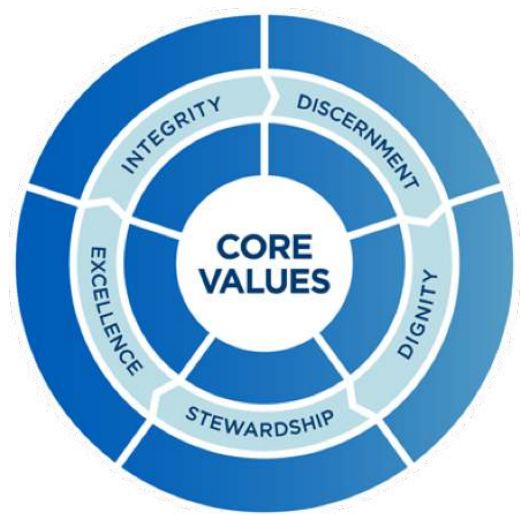
# Our Mission



# Our Vision



All children in poverty thriving toward their God-given potential.



# Health Feature

## World Breastfeeding Week (WBW)- Benefits of breastfeeding for the baby and the mother



*World Breastfeeding Week (WBW) is a global campaign started in 1992 to raise awareness and support for breastfeeding and is officially celebrated on 1-7 August every year.*

**B**reastfeeding is essential for the health and well-being of infants. The World Health Organization (WHO) recommends exclusive breastfeeding for the first six months and adequate, safe complementary foods while the baby continues breastfeeding for up to two years. However, the WHO is concerned that inappropriate marketing of breast-milk substitutes continues to undermine efforts to improve breastfeeding rates and duration worldwide.

Breastfeeding provides an infant with the best start possible in life. Here are some reasons why you should consider breastfeeding your baby:

1. Breast milk is clean and safe and helps keep your baby healthy. It contains everything your baby needs for the first six months of life

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2. Breast milk contains antibodies that help your baby fight viruses and bacteria, reducing the risk of illnesses and diseases. It reduces newborn mortality.

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3. Breastfeeding promotes healthy weight gain and helps prevent childhood obesity because the child regulates their milk intake. They are better at eating until they have satisfied their hunger, helping them develop healthy eating patterns.

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4. Some studies have linked breastfeeding to higher IQ scores in later childhood, and physical closeness, skin-to-skin touching, and eye contact help your baby bond with you and feel secure.

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5. For mothers, breastfeeding burns extra calories helping them lose pregnancy weight faster. It also releases the hormone oxytocin, which helps the uterus return to its pre-pregnancy size. Studies have also shown that breastfeeding reduces the risk of breast and ovarian cancer.

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6. Since you do not have to buy formula, breastfeeding saves you money to purchase other child necessities.

Health practitioners recommend mothers breastfeed babies for as long as possible due to its numerous benefits. Consider breastfeeding to benefit your baby and yourself.

*By  
Lolyne Onger*

# How fathers are changing the narrative on breastfeeding in Busia County



*There is a belief amongst some of the residents of Busia that weaning babies as young as one month makes them strong and enables the mother to add weight. Furthermore, the community believes that breastfeeding reduces libido, depriving conjugal rights to men, who already feel neglected when there is more attention and focus on the baby. It is also believed breastfeeding mothers lose body shape, which is not attractive to men.*



**ACK** Budokomi in Busia County is one of the frontline churches partnering with Compassion International Kenya to advocate for exclusive breastfeeding for the first six months of an infant's life. It has not only focused on breastfeeding mothers but also brought men on board to support this phase of life. During the quarterly meetings convened by the Church for fathers, they learn effective parenting, domestic conflict resolution, how to support nursing mothers, and enlightenment on the different myths and misconceptions the community has held for many years. Fathers hear the word of God and get support to start income-generating activities to support their families.

Baba Zasha, one of the fathers in the program, affirms,

*"Breastfeeding is very cheap and safe."*

*He explained, "...there are fewer instances of sicknesses when the child is allowed to breastfeed. Supporting the mother with good food and stress-free life is my only expense. With just that, all is well. I advocate for breastfeeding..."*

Through this initiative, many men have come out to openly support their spouses, including accompanying them to the clinic, holding the babies, and even assisting in house chores, which never used to happen in this community. Also, the number of violence cases reported has

reduced due to fewer conflicts and an enhanced capacity to resolve them. Mama Killine, one of the survival program participants, says,

*"Since the program started engaging men, I have enjoyed good health. My 8-month baby weighs 11.2kgs. He is healthy and has not been sick like his siblings, who always had diarrhea, abdominal upsets, and discomfort. There have also been fewer incidences of running to the hospital to treat my sick baby. I now have peace of mind and can concentrate on other things."*

Mama Zasha, a survival program participant and mother to a 3-month-old baby weighing 6.9kgs, narrates,

*"Stress reduces my capacity to produce milk for my baby. The church invited fathers into the program and taught them to be patient with us and supportive. We also learned how to resolve our domestic differences. I am less stressed, and my milk production is okay.."*

The mother confirms that she will prioritize breastfeeding as she enjoys good health with her baby.

**Contributor: John Mbugua**

# World Breastfeeding Day at AIC Kanzinwa Church in pictures



**W**e blissfully marked breastfeeding day at our Frontline Church Partner (FCP); on August 12, 2022, with the survival mothers. A qualified and passionate doctor led the celebrations by expounding breastfeeding best practices and demonstrating how to breastfeed a baby. It was eye-opening training; survival mothers professed that it was worth it!

Breastfeeding is a mother's gift to herself, her baby, and the earth. Mother's milk is a symbol of compassion. Mother's milk is soul food for babies. The babies of the world need a lot more soul food.

*By Kevin,  
Project Director*



# Survival Intervention: Giving hope to expectant single mothers in Kilifi County



*In February, Compassion International Kenya launched the survival program in Jaribuni sub-county in Kilifi County. We are thankful to God for how this program has changed the lives of some members of the Jaribuni community. The Church recruited fifteen expectant mothers, all of whom and their babies are doing well.*



Photo showing survival caregiver Neema with her baby Johnes at home, weaving a doormat.

**M**others from the sub-county and babies below five years were facing challenges. There was low attendance at antenatal and postnatal clinics. Mothers were not exclusively breastfeeding their babies but gave them porridge at an early age claiming they lacked enough breastmilk.

On January 15, 2022, Neema joined the program at Marere Pefa Church Program Centre. She was nine months pregnant, and through survival support, on January 29, 2022, she gave birth to a healthy baby named Johnes.

Despite being a single mother, she has devoted herself to working hard and changing her life situation with church support and the survival program. Before she joined the program, Neema had no source of income and had to make do with what little she could get. After she joined the program, Child Development Workers encouraged her to visit the clinic and gave Neema lessons on practical childcare, ensuring the good health of Neema and Johnes.

She exclusively breastfed Johnes until he turned six months on July 2022, when she introduced him to complementary feeding. Neema is glad of her experiences, sharing her learnings with her neighbors.

The survival intervention program also taught Neema how to generate income for herself. She has grown a kitchen garden both for subsistence and commercial use. She also started hairdressing, baking, and mat making, with the hope of making money to raise her son.

Neema has also learned how to pray for her child and leads praises and worship in her local church and during survival group programming. She is grateful to God for the opportunity of being a survival caregiver. Her life has transformed, and she is hopeful for a better future.



Survival caregiver Neema holding her baby while learning mat-making skills in the survival stimulation room.

**Contributor: Grace  
Program Director**

# Breaking gender barriers in the construction industry

*Harriet's Story*



*Harriet Mwangi, one of the participants in our program, has a passion for construction, which is predominantly a male-dominated career. Her ambition is to be an inspiration to all girls in her community and change male attitudes and promote gender equality through her work.*

**A**t the beginning of this year, we supported her as she joined Buildher alongside 17 other girls from our program. Buildher is an accredited institution that aims to equip women in Kenya with construction and manufacturing skills. Besides construction, Harriet learned painting and decorating, her rights as an individual, and to stand up for herself in a male-dominated workspace.

She enrolled in their 12-month training program; four months are for learning, while the other eight are for a paid attachment. Harriet emerged among the top five students in her class. It led to her current appointment as a team supervisor at Buildher. Once she completes the internship, she will sit for her end-of-year Grade III exams in December and desires to progress up to a degree level if given the opportunity. Equipping herself with construction skills has empowered her.



Earning an income enables Harriet to cater to all her financial needs and provide for her child. The job also allows her to travel and network with others within the industry. She received mixed reactions when she notified her family and friends that she wanted to join the construction industry. They had uncertainties as she was entering a male-dominated career. On the other hand, having seen how she has been empowered and can earn an honest living, they used her as an example to challenge themselves.

She believes working in the industry is quite challenging, especially for women. However, this did not discourage her from pursuing her dream. Being taught by female teachers at Buildher inspired her to keep pushing. She saw women have a chance to grow in the industry.

Her advice for girls in her community is to empower themselves through their skills. She says,

*"Nothing comes easy, do whatever you put your mind to because one day it will pay off. And above all, always put God in front. Honestly, without God, you cannot do it. It is not easy in this life; you need to be more prayerful and believe in God."*

The advice she received from the CEO at Buildher is,

*"When you look for work in construction, you will get so many nos before you get a yes. Will you give up because you were denied?"*

She thinks not. We wish Harriet success and the blessings of God in all her current and future endeavors.

*Contributor: Kelvin, Project Director*



*"Nothing comes easy, do whatever you put your mind to because one day it will pay off. And above all, always put God in front. Honestly, without God, you cannot do it. It is not easy in this life; you need to be more prayerful and believe in God."*



# Peer training by IServe Africa missionaries

**W**e highly recommend and advocate peer teaching and Bible study to fill in the generational gaps that hinder most youths from accepting Christ and salvation. Train up a child in the way he should go. Even when he is old, he will not depart from it. All your children shall be taught by the Lord, and great shall be the peace of your children.

*Hear, my son, your father's instruction, and forsake not your mother's teaching, for they are a graceful garland for your head and pendants for your neck.*

**Proverbs 1: 8 - 9.**

We took five program participants from our Frontline Church Partner (FCP) for intensive training offered by the iServe Africa team of missionaries in Kikuyu. They have been there for the last three months. iServe Africa began in 2007 after Harrison spent two years in the United Kingdom as a ministry apprentice in Reading and Sussex.

Through observation of the UK church landscape, training, and the personal mentoring he received, he became convinced that the African church is in great need of gospel workers.

After prayer and consulting widely with leaders in Kenya and the UK, the idea solidified. He felt strongly that an apprenticeship program would be one answer to raising a generation of gospel workers who will faithfully teach the scriptures and encourage Christians to live out their faith in the African context.

Inspired by the apprenticeship models in the UK, Harrison envisaged a program that would give young graduates opportunities for involvement in Christian ministry, help them explore whether it was something for them and if it would support the ministry of a local church. The idea of iServe Africa was born.

*Contributor: Kelvin, Project Director*



## Boarding facility at A.I.C Kanzinwa Academy



Education makes people easy to lead but difficult to drive, easy to govern, but impossible to enslave. AIC Kanzinwa is proud to announce that early this month, they opened a boarding facility for grade eight at their church-based private primary school and aim to have another one for all upper primary grades before the year ends. They opened this reputable and well-performing school in January 2015 to promote the cognitive development of participants in the program. By 2024, they aim to have participants from every county, and by 2027, going overseas for further education or in the job market.



*Contributor: Kelvin, Project Director*

# Recognizing excellence: Exemplary and outstanding caregiver at AIC Kanzinwa Church



Mama Blessing (Carrying baby in blue shawl) poses with other mothers.

**W**e congratulate Mama Blessing for her indomitable will and zeal to be released from poverty together with her beloved family in Jesus' Mighty name! She is a home-based caregiver and, with two colleagues, graduated from computer studies at the Frontline Church Partner two months ago, having done all computer packages and brilliantly excelled! In the coming month, the church partner management at AIC Kanzinwa Church is planning to purchase and install a cyber for the three caregivers to use their technical skills to generate income to support themselves. Mama Blessing is also pursuing baking and farming.



Mama Blessing (second from right) at a church organized baking class.

*Contributor: Kelvin, Project Director*

# Skills acquisition for sustainable livelihoods



Children and youth are ideal change agents and very receptive to learning. AIC Kanzinwa trains several livelihood skills to prepare children and youth for economic self-sufficiency. These skills include ball making, juice blending, interlocking brick making, and tree seedlings germination for planting and selling, to mention a few. The Church Program held intensive baking lessons for program participants. They were very excited and curious to grasp every bit of the class!



Baking skills on going at AIC Kanzinwa Church.



The church partner has a school where more than 90% of program participants attend. They have plans to open a bakery and run a school canteen. It will be a source of income channelled to the program participants' joint bank account. This kitty will meet the needs of program participants, such as payment of tuition fees.

## Using vocational training to support young entrepreneurs

Meet Brian, a youth at KAG Mlango Kubwa and a Kenya Methodist University student pursuing a bachelor's degree in community health. After completing his secondary school education, Brian would have to wait about a year before joining the university. The project director advised him to join a vocational college to gain a skill that he could use to make money to support himself during his break and in the university. He pursued a certificate in graphic design at the Kenya Institute of Professional Studies. This course took five months to complete.

Brian began designing logos and typography and printing them on simple wears such as t-shirts, sweatpants, and sweaters. He often relied on social media platforms to engage with customers and inform them of the new merchandise. Brian is making considerable strides in his business. He has bought a bicycle to enable him to make short-distance delivery.



Brian is installing an LED sign for one of his clients.



He has expanded his business and is now designing and printing banners, flyers, posts, and signs for business establishments and organizations. Brian says,

*“I faced many challenges in the expansion, but due to the entrepreneurship and leadership skills that I received while at the church, I was able to succeed.”*

This business has helped Brian not only be financially stable but also to be responsible. He now understands the concept of burden sharing between friends and family. He can now support his family by paying bills and buying household supplies.

## New Staff



I am pleased to introduce Bonke Nickson, who joined us as a Partnership Facilitator.

Bonke is a born-again Christian, and he fellowships at ACK St Jude church-Tezo in Kilifi, where he serves his church in the Evangelism Ministry.

Bonke is married to Teresa Gulatoon.

Before Joining Compassion international, Bonke served at the FCP as a project director for 8 years. Bonke is passionate about IT and using IT to solve problems to advance children's ministry.

Bonke has a degree in Special Needs Education with IT from Maseno University; other skills and training include Servant Leadership, Computer programming, Data collection, and tracking, Training field teams, and Resource Mobilization. We believe Bonke comes in to add value to the ministry of compassion and trust that the Lord will enable him to flourish as he serves.

I am pleased to announce an outstanding individual who has accepted the invitation to serve with you in our Mission.

Join us in welcoming Margaret Luvuno Tsuma. Margaret joins the Compassion International Kenya office as an assistant administrator. Before Compassion, she served as a Customer Care Executive in Safaricom PLC. She has also been a Project Associate in Uni-Industry. Margaret is pursuing certification in French at Alliance Française and holds a Bsc. in International Business Administration (IBA) from USIU University.

Margaret is a born-again Christian and fellowships with CITAM Athi River serving in the women's ministry. She is married to Robert, and they have three children – Patrice (11yrs), Natalie (6yrs), and Liam (2yrs).

Her favorite bible verse is **1 Cor 13:4-11**: *Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, and it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres. Love never fails ... And now these three remain faith, hope, and love. But the greatest of these is love.*





Please welcome Peter Kihara, our new Facilities Technician, effective August 2022. Before joining Compassion, Peter was a Clerk of Works for Sprinter Real Estate Investments Limited, a real estate company based in Kiambu. He has also worked with the Kenya National Highways Authority as an Inspector of Works in Matuu. Peter has a Bachelor of Technology and Diploma in Civil Engineering from the Technical University of Kenya, and Certificates in ARCHICAD and AUTOCAD from Bell Institute of Technology. He is currently completing a Certificate in Biblical Entrepreneurship from Nehemiah International.

It is my great pleasure to introduce to you a new Partnership Facilitator, Festus Ogada Otieno. Festus joined as a Partnership Facilitator effective August 2022.

Before joining Compassion International, Festus served as a Program Officer at Community Initiative Support Services (CISS), a Non-Governmental Organization that majorly operates in western Kenya. He holds an undergraduate degree in Agricultural Economics from Egerton University and is currently undertaking a master's degree in Project Management at Jomo Kenyatta University of Science and Technology.

Festus is married to Rose Aoko Adongo and together have 3 children – Jellen Jasmine (aged 12), Jael Janice (aged 9), and Jessie Joella (aged 4).

He worships at the Church of God of Prophecy, Kisumu East, and serves in intercessory and pastoral ministries.

During his free time, Festus enjoys reading (Christian literature, motivational and investigative books), watching football (fan of FC Barcelona), doing gym workouts, listening to and dancing to Christian music, and spending time with his family.

His favorite verse is Colossians 2: 6 - 7.

*Kindly join me in welcoming them to Compassion Ministry!*



Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.  
**(Proverbs 31:8-9)**



**FOR ANY  
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