

## Clean, Clear Water



**The Child Health Foundation** has been providing clean water for some villages in Bangladesh for over 14 years by installing pumps like the one pictured here. Otherwise the women had to carry a pot on her head and go to the river where she filled her container with dirty water. This of course meant that she and her family were subject to disease. Children were especially susceptible and often died.

**The Environment and Population Research Centre (EPRC)** reports that a total of more than 43,000 people are now getting clean water and do not have to go to the river to fill their jugs with dirty water. They checked on the 30 previously installed wells and found that 92% were still functioning properly. This is due to the women themselves being trained to maintain them.

### **Child Health Foundation**

110 East Ridgely Road ÉTimonium, MD 21093 É(410) 992-5512

**Email:** [contact@childhealthfoundation.org](mailto:contact@childhealthfoundation.org)

**Website:** [www.childhealthfoundation.org](http://www.childhealthfoundation.org)



*Happy Holidays*

From all of us at the

Child Health Foundation



CHILD HEALTH FOUNDATION

*Saving the greatest number of children's lives at the lowest possible cost.  
2019 Holiday Card*

## Do You Know...

...that a newborn kangaroo is the size of a jellybean?



Kangaroos have pouches that provide nourishment and protection for their undeveloped young. When a kangaroo mother gives birth, her blind, jellybean-sized newborn must climb up into the safety of her pouch to nurse. There it will feed and grow for nine months before it's mature enough to begin exploring the world beyond.

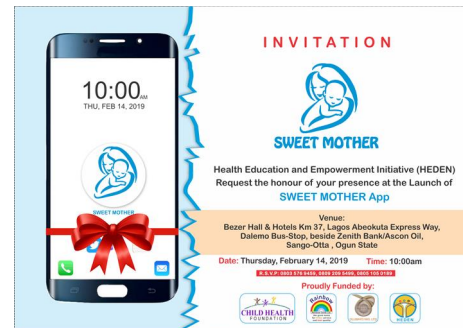
Human mothers do not have pouches! But it has been worked out for them to carry out what is called Kangaroo Care. This is a practice whereby the new mother carries the infant skin-to-skin like a marsupial kangaroo, promoting well-being and ease for breast feeding.

This is just one of the many innovative, sustainable projects CHF is promoting and of course we cannot do it without your help. Will you help change and improve children's lives?

We thank all of you who have given generously through the years and ask again for you to use the envelope enclosed. Or you can go to our website and use your credit card.

## A Big Thank You

## Educating Mothers



Interestingly, even women in poor areas of the globe have cell phones. Knowing this, the **Health Education and Empowerment Initiative (HEDEN)** in Nigeria, has developed what they call a Sweet Mother App, a simple, easy to use and handy tool which provides access to accurate maternal and child health education while removing socio-cultural and environmental barriers in the language best understood by the people.

In February, 2009, they reported, "We bring you glad tidings from HEDEN on the Sweet Mother App. This is to inform you that we have launched the App on Thursday, February 14, 2019."

**And that is Good News**

*These are projects funded by Child Health Foundation. The full reports are available upon request.*

