

A photograph of a woman and a baby in a child development center. The woman is on the left, looking towards the camera. The baby is in the center, looking upwards and holding a colorful ball. The background is filled with educational posters and books on shelves.

# Supporting mums and babies at Lumière-Esperance Child Development Centre

An update for Welcome  
Church from Togo

**Abigail**  
Togo

March 2026



## Your **impact** over the last quarter



14 mums and their babies are being supported.



Two women are exclusively breastfeeding their babies in the first six months.



Three mothers are pregnant.



**Farida, Alphonsine and Alphonse**  
Togo

# Mum Farida's letter

“Dear donor,

I greet you in the beautiful and precious name of Jesus Christ. I am Farida, the mother of Alphonsine and Alphonse. I am 34, I have three children, the eldest of whom is 14 years old and the twins are three months old.

I am a seamstress by profession. The work is not progressing as expected but I try to support ourselves with the little I earn. My problems started early in my pregnancy. My husband ran away from us since I told him I was pregnant. He is not the father of my first child. I only know his mother, but she was sick and she is without any strength. No one knows where he went to this day.

The pregnancy made me sick, and I could no longer work. For the first six months of the pregnancy, I never had a medical consultation. I was self-medicating because I couldn't find food and I didn't have the means. There was no one to help us.

My child and I would go days without eating. Famine was on our doorstep every day. My health was still not improving. I started looking for help from people, but I couldn't find any...”



**Farida, Alphonsine and Alphonse**  
Togo

## Farida continues...

“One day I went out into the street to give alms to passers-by, and I came across a lady who gave me a 1000 Franc note (approximately £1.32). Due to my condition, she had compassion on me. I was so pale with swelling, and it was difficult to breathe. I knew that I could die if nothing was done.

She asked me a few questions about my situation and then directed me to the village child development centre. Thank God I was registered on the mums and babies programme in the seventh month of my pregnancy. The Mums and Babies Programme Implementer sent me to the local health centre for medical care.

As my health was critical, the local health centre referred me to the biggest hospital of the area at Kpalimé for better care. The ultrasound revealed that I would have to give birth by caesarean section and by the grace of God, I gave birth to twins; a girl and a boy.

I thank God that my children and I are in good health after giving birth, thanks to the mums and babies programme which covered all my health costs. May God bless them abundantly...”



**Farida, Alphonsine and Alphonse**  
Togo

## Farida continues...

“My life has changed a lot since I entered the programme because the teachings I receive in groups and at home have made me a better person. I really like the home visits. These visits make me feel that I am an important person in my community.

I learn a lot from the curriculum teaching and awareness raising sessions. My situation has also changed a lot because the food and hygiene kits that we receive every month contribute a lot to the survival of my family. I put into practice everything I learn.

I also appreciate the existence of the savings group. I plan to join it when I start an income-generating activity.

Thank you very much for this initiative. I praise God for your life. May He give you health, strength and courage. May He watch over your work and prosper your projects. May He watch over your family and make your dreams come true. Be richly blessed and may God bless you back a hundredfold.

Farida.”



# Mosquito nets

Caregivers in the Mums and Babies programme attended an awareness session about malaria and were shown how to use mosquito nets.

This session helped them to understand the risks of malaria and the importance of sleeping under mosquito nets to protect their families.



# Growth monitoring

The Mums and Babies Programme staff worker is measuring this child's height and weight.

Tracking children's height and weight ensures signs of malnutrition aren't missed.



# Family planning

Caregivers were invited to an awareness session on different forms of contraception.

A mother who uses family planning methods has time to rest between pregnancies, and can plan when she will become pregnant, to have a healthy, manageable family.



# Home visit

A Mums and Babies Programme staff worker is visiting this mother and her baby at home.

During this visit, the staff worker helped the mother understand the importance of the bond between a baby and his mother and family.



# Growing vegetables

The caregivers in the Mums and Babies Programme received training in agroecology and are now able to grow their own kitchen gardens at home. Growing healthy foods helps to improve nutrition.



# Safe water

This lesson was entitled 'Strategies for providing safe drinking water for your family'. The Staff Worker is demonstrating a water purification method.

Caregivers understood the importance of using safe drinking water sources, and how to store water safely.



# Growing strong friendships

These are some of the mothers and their babies you are supporting at the Lumière-Esperance Child Development Centre.

Without your support, these mums would not have the opportunity to grow in fellowship, and receive nutritious supplements for their babies, regular health appointments, or literacy lessons. They are thriving as a result of your generosity.

“Learn to do right;  
seek justice.  
Defend the oppressed.  
Take up the cause  
of the fatherless;  
plead the case  
of the widow.”

ISAIAH 1:17 (NIV)



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