

## Maternal and Child Health Project

The Maternal and Child Health Project of Rotary District 2430 is a comprehensive initiative aimed at improving the quality of life for mothers and children, expanding access to healthcare services, and reducing preventable deaths. The project aims to achieve these goals through different committees and various fields of activity.

### Project Duration

It will continue throughout the 2026-2027 term of office.

### General Objectives of the Project

- **Extension of Lifespan and Empowerment:** To ensure safe childbirth for mothers and healthy growth for children.
- **Access to Quality Service:** To expand access to quality healthcare so that all mothers and children, wherever they are, have equal opportunities for a healthy future.
- **Reduction of Preventable Deaths:** To work towards reducing the mortality rate of children under five who lose their lives every year due to preventable causes such as malnutrition, inadequate healthcare, and poor hygiene/sanitation.

### Committees and Specific Objectives

The project focuses on more specific targets through specialized committees:

#### 1. Prenatal and Maternal Health Committee

- **Objective:** To support the health of mothers before, during, and after pregnancy.
- **Potential Projects:** Prenatal care and nutrition training, breastfeeding awareness seminars, mobile health screenings in rural areas, joint programs with midwives and local health centers.

#### 2. Child Health and Development Committee

- **Objective:** To support the physical, mental, and emotional development of children aged 0-6.
- **Potential Projects:** Vaccination campaigns, growth-development monitoring days, play-based early childhood development workshops, hygiene, handwashing, and nutrition awareness activities.

#### 3. Parent Education and Family Awareness Committee

- **Objective:** To raise awareness among families regarding child health, safety, and development.
- **Potential Projects:** Seminars in schools and community centers, "Safe Home, Healthy Child" training, in-family communication seminars, digital parenting awareness (screen time, internet safety).

#### 4. Family Education and Psychosocial Support Committee

- **Objective:** To provide psychosocial support to mothers and children on issues such as postpartum depression, coping with violence, and spousal support.
- **Potential Partnerships:** Hospitals (obstetricians, psychologists), Ministry of Health, local Non-Governmental Organizations (NGOs).

#### 5. Nutrition and Growth Health Committee

- **Objective:** To develop prenatal, pregnancy, and postpartum nutritional recommendations for the mother. To provide information on the importance of breast milk and ensure proper nutrition for the baby.
- **Potential Projects:** Nutrition education during pregnancy, infant and child nutrition programs, malnutrition awareness, breast milk support programs.

### Fields of Activity and Specific Projects

Some specific fields of activity and projects to be implemented within the scope of the project are as follows:

- **Folic Acid Bread Production Project:** To ensure the production of bread fortified with folic acid to provide folic acid intake before and during pregnancy in order to prevent Spina Bifida.
- **Electric Wheelchair Donation Project for Children with Spina Bifida:** To enable children with Spina Bifida to move independently.
- **Healthy Nutrition Education Project:** Providing general nutrition information in community centers and villages for a healthy and conscious public nutrition.
- **Newborn and Child Nutrition Education Project:** Disseminating information on the importance of breast milk, transitioning to complementary foods, and school-age child nutrition through social media or brochures.
- **Distribution of Newborn and Child Nutrition Booklet Project:** Distributing booklets containing information about the importance of breast milk and child nutrition to expectant mothers.
- **Newborn Kit Distribution Project in Maternity Wards:** Gifting a newborn kit containing basic materials such as snap-button vests, footed pants, rompers, bodysuits, blankets, bibs, hats, mittens, and socks, along with a child nutrition booklet, to mothers in need.
- **Prenatal Education Project:** Providing information about pregnancy to individuals planning a pregnancy or expectant mothers by obstetricians, psychologists, and child development specialists.
- **Cervical Cancer Elimination Project:** Organizing cervical cancer screenings (Pap smears) for early diagnosis.
- **Medical Equipment and Diagnostic Device Provision Project for Children's Hospitals:** Supplying the medical equipment and diagnostic devices needed by children's hospitals.
- **Infant Incubator Donation Project:** Supplying incubators to maternity hospitals.
- **Incubator and Jaundice Phototherapy Machine Donation Project:** Donating incubators and phototherapy light machines used in the treatment of newborn jaundice to maternity hospitals.
- **Food Support Project:** Providing food aid to the poor, immigrants, or disaster victims in need.
- **First 1000 Days Programmed Nutritional Support Project for Mother and Child:** Ensuring that mothers in need receive nutritional support accompanied by dietitians during pregnancy and for two years postpartum.

- **Maternal and Child Health Camp Project:** Providing training that contains healthy living information for mothers and their children during and after pregnancy.
- **Child Mothers Awareness and Support Projects:** Raising awareness about child mothers and providing support during pregnancy and the postpartum period.
- **Child Brides Awareness Project:** Raising awareness about child brides, which is a major social issue.
- **Distribution of Baby Products and Food Project:** Providing baby products and food aid to mothers in need.
- **Healthcare Personnel Training Project to Teach Brain-Based Learning Techniques to New Parents for Their Babies:** Teaching healthcare personnel techniques that will help the mental development of the infant brain.
- **Food Distribution Project Among Children:** Providing food aid to children in need.
- **Donation Project for Street Children:** Meeting the needs of street children with the support of the provincial directorate of social services.
- **Webinar Project on Menstruation and Menstrual Hygiene:** Providing training on menstrual period hygiene for young girls in socioeconomically disadvantaged areas.
- **Maternal Breastfeeding Booths Project:** Creating private spaces in public areas for mothers to breastfeed their babies comfortably.
- **Hearing and Vision Screening Project for Children of Families in Need:** Conducting special screening tests to measure hearing and vision.
- **Awareness Project on the Health Benefits of Milk:** Raising awareness about the benefits of milk and dairy products for children's development and human health.
- **Art Education Project for Autistic Children:** Providing art education to autistic children and subsequently organizing an art exhibition.
- **Occupational Center Project for Children with Disabilities:** Establishing an occupational center for disabled children, such as autistic children over the age of 18.
- **Sensory Integration Room Project:** Creating special sensory integration rooms for the development of the 5 senses in the education centers of disabled children.
- **Food Set Project for Children of Seasonal Workers:** Identifying the nutritional problems of seasonal workers' children and providing food aid.
- **Lunchbox Distribution Project:** Providing lunchboxes to school-age children of low-income families.
- **Health Project for Pregnant Women of Seasonal Workers:** Providing free health screenings and laboratory tests for pregnant women of seasonal workers.
- **Health Project for Children of Seasonal Workers:** Providing free health screenings and laboratory tests for children of seasonal workers.

- **Winter Clothing Donation Project for Village School Children:** Donating winter clothes, coats, and boots to village school children in need.
- **Air Purifier Device Donation Project for Daycares:** Donating air purifiers for rooms with poor air circulation in daycares, especially during the winter period.
- **Project to Meet the Needs of the "Orphanage for the Mentally Disabled" Providing Special Care and Education:** Meeting the current needs of the Orphanage for the Mentally Disabled for the children.
- **Project to Meet the Needs of the Orphanage / Foster Home:** Meeting the current needs of the orphanage/foster home.
- **Project to Meet the Needs of Women's Shelters:** Meeting the current needs directed towards women in women's shelters.
- **Project to Meet the Needs of Incarcerated Women and Their Children:** Meeting the current needs of incarcerated women and their children in prisons.
- **Project to Meet the Needs of Child Abuse Centers:** Meeting the current needs directed towards children in child abuse centers.

#### **Indicators of Success / Expected Results**

- Number of pregnant women and mothers reached
- Number of trainings and screenings conducted
- Number of sustainable projects
- Global Grant project success

#### **Reporting**

The work carried out within the scope of the project will be reported regularly and documented with the number of people reached, the effects of the training and support provided (pre-test/post-test methods), visuals, and participant feedback. The global visibility of the projects will be ensured through the Rotary Showcase, and the efforts will be monitored through monthly and term-end reports.