



Friends,

There is a saying that goes "If mama ain't happy, the house ain't happy" and this emphasises again the importance of a mother in a family. Mothers are the thread that hold the unit together; they are the hearts of the home. For many children, the love of a mother is an unknown concept and a feeling they cannot identify. It is so important that our children should know that we love them and that we will always protect them and put their interest first in our lives. Some women do not know how to give this kind of love and care, but there are also mothers who are wonderful examples of the love, care and nurturing our children deserve.

Please read our blog (www.childwelfare.co.za) on bonding between mother and child – a process which already starts in the womb but which can also be reconstructed through a few basic activities you can learn to do with your child.

Next month we celebrate Youth Month. Child Welfare Tshwane will be out and about in the community to promote safety for children during Child Protection Week (28 May – 4 June).

I hope you had a blessed and happy Mothers' Day and my prayer is that each child will have a loving mother in his/her life.

What is a Mother?

A mother is someone to shelter and guide us,
To love us, whatever we do,
With a warm understanding and infinite patience,
And wonderful gentleness, too.

How often a mother means swift reassurance
In soothing our small, childish fears,
How tenderly mothers watch over their children
And treasure them all through the years.

The hearth of a mother is full of forgiveness
For any mistake, big or small,
And generous always in helping her family
Whose needs she has placed above all.

A mother can utter a word of compassion
And make all our cares fall away,
She can brighten a home with the sound of her laughter
And make life delightful and gay.

A mother possesses incredible wisdom
And wonderful insight and skill-
In each human heart is that one special corner
Which only a mother can fill!

Author: Katherine Nelson Davis

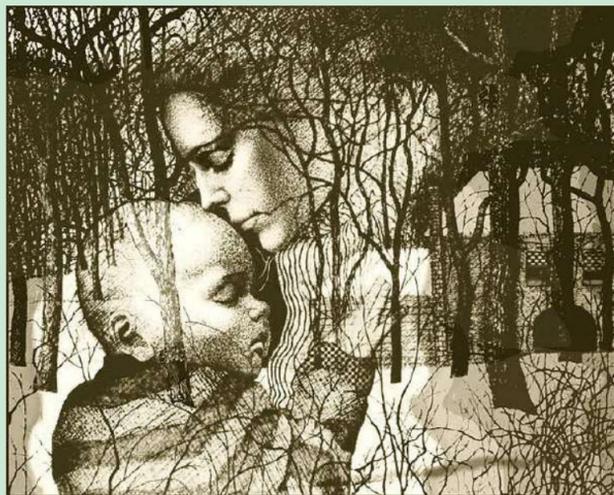
Love

Linda



The mother-child bond – care and nurture

Compiled by Yolandi Singleton: Supervisor – Assessments and Therapy Unit
May 2017



During this month (May), we celebrated and saluted the mothers of South Africa who manage to find their way to be a mother, despite the realities of poverty, unemployment, traffic, work stress, challenging intimate relationships and the rush to run a household, amongst many other "monsters" in their lives.

We see how difficult it is for mothers today to give their full attention to providing care and to nurture their children. These difficulties often include their inability to bond with their children. Mothers find it difficult to bond, often due to their own mothers being emotionally and physically unavailable to them during their childhood.

In South Africa we see how communities suffer due to the absence of strong male figures in families and the mothers then need to play both roles,

leaving them distressed to fulfil the needs of their children.

In order to comprehend a child's natural need to be cared and nurtured for by his mother, it is important to understand the biology behind it. When a mother is, pregnant there is, a mucous tissue called Wharton's jelly within the umbilical cord that has a protective function for the foetus. Additionally, inside the womb there is a liquid called the amniotic sac that also has the function to protect the foetus. In other words, a child default need to be protected, cared for and nurtured develops due to the nature of the mother's body providing them with that need even before birth. After birth, it is essential that a mother shows affection to her baby, by holding the baby 15cm away from her face. Remember, a baby's sight is limited. When a mother regularly touches her baby it creates a warm and secure relationship, setting the necessary foundation for the baby to grow as a confident young child and adult.

Now you may ask, how do I care and nurture my child? The answer is easy and yet quite challenging, but remains a conscious choice. Every child has the need to feel loved which means that a parent should spend time with them on their developmental level. By doing that, they will feel cared for. They also have the need to feel acknowledged by complimenting them and acknowledging attempts made by them. Show them you believe in them and get rid of the criticism. Show interest in the things they are interested in by being in line with the latest trends. Just imagine that you come home, telling your 13 year old child about a cool new app that might interest them. Really listen to them when they tell you something that is important to them. If you do not listen, they will lose interest in telling you things when they grow older. If they feel sad about something, just sit with them and resist the temptation to always be ready with advice. Maybe they just need your presence and time, so put that cell phone and tablet away. Set realistic boundaries for them. They will not understand the essence of it now, but when they grow older they will. Remember, we are not raising children, but future adults.

Thank you Keller Williams for spending your annual Red Day with us!



World Wide Knit In Public Day Pretoria
IN AID OF CHILD WELFARE TSHWANE

HOSTED BY: **EVENT WIZARDS**



10 JUNE 2017
CENTRAL SQUARE - MENLYN MAINE
TIME: 09H00 – 14H00
R50PP & A KNITTED SCARF

FOR BOOKINGS EMAIL MARILIZE@EVENTWIZARDS.CO.ZA
(BOOKINGS ARE ESSENTIAL)

#WWKIPD2017



**CHILD WELFARE TSHWANE
BRAMLEY CYCC**



Child Welfare Tshwane is proud to present our Manager and social workers of Bramley CYCC.

Left: Ms Liesl Mohr, Ms Helena Willers, Ms Michelle van Zyl