



“SOCIETY FOR ORPHANED ARMENIAN RELIEF”
CHARITABLE FOUNDATION



“COMMUNITY DEVELOPMENT AND SOCIAL
SUPPORT CENTER” BNGO

REPORT

PILOT PROGRAM FOR MATERNAL AND NEWBORN HEALTH

2023 August-September

**Each child has his own physical,
for mental and spiritual development
right to a necessary standard of living..**

*(United Nations Convention on the Rights of the Child:
Article 27)*

Children are completely dependent on the attitude of their parents and others, because they cannot express their pains, fears, various problems in words.

Most vulnerable are children who are born with any type of disability and whose parent lacks sufficient education to respond to their needs.

Prenatal and postnatal education of pregnant mothers is extremely important both in terms of their own health and parenting knowledge, as well as in terms of future child care, health, and proper nutrition. Every parent should have sufficient knowledge, realize that the child should grow up in the family loved, important and without violence.

Pregnant women in RA are generally deprived of the necessary education, especially in marzes and remote communities.

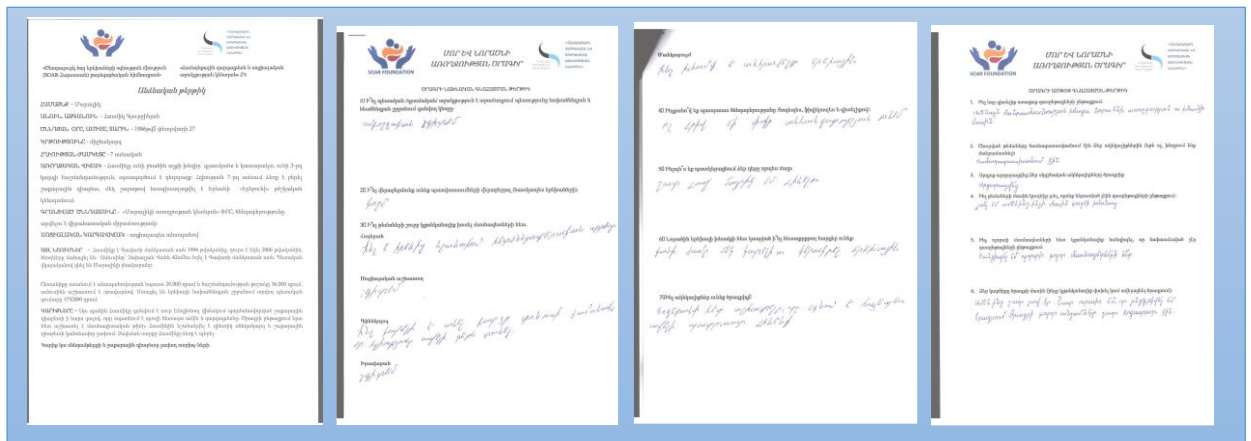
The purpose of the project is:

- To contribute to the educational, health, socio-psychological, legal knowledge of pregnant mothers, raising the level of awareness.
- To ensure children's development needs, rights, interests protection by educating and informing parents.

PROJECT ACTIVITIES

The following activities were carried out during the project:

- The project was discussed and positively evaluated by the Health and Social Department of the Shirak Government and relevant meetings and professional consultations were held during the implementation phase.
- As a result of the cooperation with the Governor's Office, 10 women out of 40 pregnant mothers were included in the pilot program according to the planned standards by SOAR and CDSSC.
- Regularly together with the specialists included in the program and with SOAR were discussed
 - the course of actions, the topics of the courses, the selection of project trainers,
 - forms for data collection of program participants, initial and final assessment of courses were developed and completed.



- Ten pregnant mothers expecting their first child were included in the program.
 - displaced and war-affected pregnant women (from Nagorno-Gharabakh and Ukraine)
 - minor pregnant woman,
 - pregnant woman with prenatal depression, psychological problems,
 - pregnant woman who is expecting a child with a disability diagnosed by ultrasound examination during pregnancy
 - pregnant woman from rural community
 - pregnant woman with health issues
 - pregnant woman who was an orphanage graduate
- During the program, in addition to the courses, there was a need to work with women who had prenatal emotional instability and depression, fears, health problems.
 - ❖ A woman displaced from Nagorno Karabakh (N...), who could not accept the fact of losing her home, found herself in a difficult social situation in Armenia, she had no clothes, shoes, food, hygiene items, or a place to live. Temporarily living in a basement room. A year ago, she lost her first child born with genetic problems. A postnatal examination revealed that the second fetus had the same problems and the pregnancy was terminated. N..... and her husband found themselves in a serious psychological condition, during the program continuous socio-psychological works were carried out

with her. Due to the existing problems, the family was directed to SOAR and even after the end of the program, the work continues due to the serious condition of this family.

From the words of N...

I can't come to terms with the fact of suddenly losing everything... I lost my home, the meaning of life... I lost my child...

- ❖ A young woman displaced due to the war in Ukraine and got married in Armenia trying to get adapted to a new environment. She is one of the most active participants in the training.

From the words of ZH...

I gladly participated in the program, gained knowledge and emphasized my and my baby's health during pregnancy... I really want there to be courses also after the birth of the baby, on growth, development, proper diet and other important topics... I am glad to have new friends too.

- ❖ Living with her grandmother in difficult family conditions, R..... got married at the age of 15. Had fears, low self-esteem. He participated in the courses with love. Family members were also involved in the program: husband, mother-in-law. At the end of the project, R.....'s son was born. During the home visit, it was found that they do not have enough funds for child care.

From the words of R....

It is the first time I have met a psychologist, and as a result I feel changes in my further steps and in my personal life. In the future, I would like advice from a psychologist to take proper care of my child and raise them...

- ❖ K..... participated in the program with positive motivation and expectation. She integrated very quickly into the team and was active in interactive discussions, providing a cheerful mood. It is a newly created family, they rent, they have coming socio-economic problems related to the birth of a child.

From the words of K.....

I gained a lot of knowledge from psychological and gynaecological topics, as well as from the topics presented by the family doctor. I am sure that we will be knowledgeable and intelligent future mothers...

- ❖ L... joined the program with antenatal depression, as the examination had told them that the child would be born with a disability. During the program, L...'s son was born prematurely, and doctors fought for the child's life for a month. The psychologist of the program and the family doctor kept in touch with L... and the treating doctors throughout the process, supporting the latter to overcome the difficulties related to the health of a child born with problems.

From the words of L...

Becoming a mother is happiness, but I am worried that I had a child with problems. I am grateful that the specialists of the program were by my side during this difficult phase, I hope that my baby and I will overcome these difficulties...

- ❖ E...'s husband was sceptical; he could not understand what his wife should learn and why... After all, there are traditional approaches and a pregnant woman should imitate her mother, mother-in-law in their behaviour... In the process, both of them emphasized the advantages of the program and spoke positively about the results.

From the words of E...

I love art, creating, the program was the right mothering art school for me. In the future, my and my baby's health, the correct diet, the importance of vaccinations, the advice of the best specialists will be a guideline for me

The courses were useful both mentally and physically, they gave positive emotions and necessary knowledge.

From the words of M.....

- ❖ G... joined the program with personal problems, because her husband was imprisoned in Baku during the 44-day Artsakh war and returned to the family in a stressful state. G... was in an unstable psycho-emotional state. During the courses, her mood changed, and she became motivated...

From the words of G...

I regret that I could not attend all the meetings due to personal problems. Whatever I heard from specialists is very important for my baby and me. If there is an opportunity, I would like to listen to the missed topics in the future.

- ❖ H..... and her husband lived in Gavar orphanage, years later they got married. The pregnancy was difficult because she has a disability and diabetes. During the program, she received inpatient treatment in the hospital in order not to lose the child. At the end of the program, the baby was born, we visited the maternity hospital and handed over the gift package provided by SOAR, which was a surprise for H... and she was very happy. Individual work with H... had difficulties, because she had inadequate behaviour.

1st -meeting

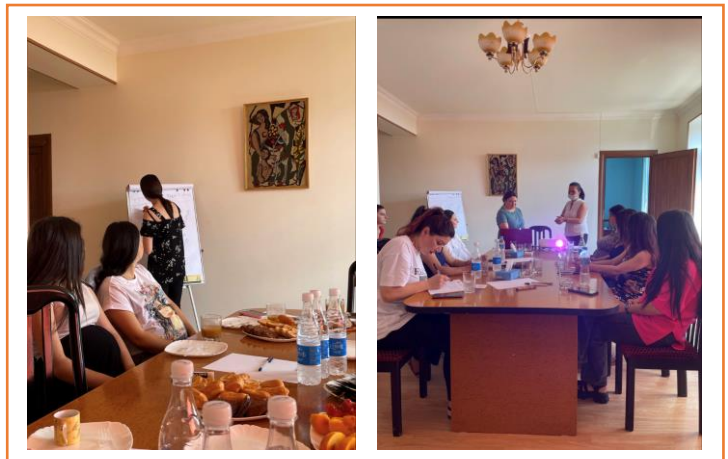
«04» August 2023

- + Introduction
- + Presentation on “Maternal and Newborn Health” Program
- + Discussion, Q&A
- + Completing initial assessment sheets

Project coordinator T. Tumasyan

Social Expert G. Gyunashyan

Psychologist M. Ghalachyan



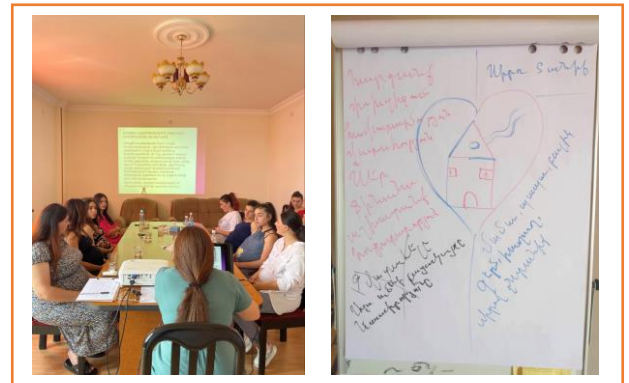
2nd meeting

«09» August 2023.

- + Pregnancy
- + Motherhood
- + Interactive exercise “When I was a child...”
- + Test “Psychological portrait”
- + Discussion, Q&A

Psychologist M. Ghalachyan

- + Newborn care
- + Breast feeding, complementary food
- + Sleep mode
- + Discussion, Q&A



Family doctor, therapist P. Gevorgyan

3rd meeting

«25» August 2023

- + Family, types
- + Social ties in the new family
- + Discussion, Q&A

Social Expert G. Gyunashyan



- ✚ *Medical examination*
- ✚ *Vaccinations*
- ✚ *Temperature, prevention, first aid to the child*
- ✚ *Toxic diarrhea, vomiting, diagnosis, prevention, medical intervention*
- ✚ *Allergies, prevention, treatment*
- ✚ *Discussion, Q&A*

Family doctor, therapist P. Gevorgyan

4th meeting

«01» September 2023

- ✚ *What psychological stages does a child go through during intrauterine development*
- ✚ *Interactive exercise "One hope, one worry about the child"*
- ✚ *Discussion, Q&A*

Psychologist M. Ghalachyan

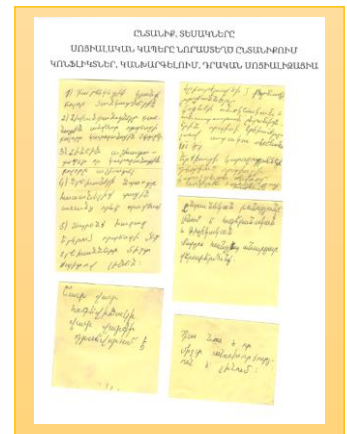
- ✚ *Conflicts, prevention, positive socialization*
- ✚ *Interactive exercise "Entering a new family, dreams, expectations, reality"*
- ✚ *Discussion, Q&A*

Social Expert: G. Gyunashyan

5th meeting,

September 13th, 2023

- ✚ *Pregnancy*
- ✚ *Stages of fetal development*
- ✚ *Discussion, Q&A*



Doctor, gynecologist, national expert: L. Gevorgyan

- ✚ *First tooth*
- ✚ *How to help a child*
- ✚ *Dental care*
- ✚ *Discussion, Q&A*

Doctor, dentist: L. Amatuni

6th meeting

September 25th, 2023

- ✚ *Postpartum stress and coping*
- ✚ *Towards a Healthy Childbirth*
- ✚ *Hello Little One*
- ✚ *Interactive exercise "I would like one of my child's memories of me to be..."*
- ✚ *Discussion, Q&A*



Psychologist: M. Galachyan

- + Birth
- + Correct birthing techniques
- + Postpartum stages
- + Discussion, Q&A

Family doctor, therapist P. Gevorgyan

**ՀԵՏՆԵՂԱԲԵՐԱԿԱՆ
ԴԵՊՐԵՍԻԱՆ՝ ԱՆԿՈՉ ԳՅՈՒԻ**

- "Պատրաստ եմ մայրանալուն, բե՛ր ու՛",
- "Ունե՛ն՛ վախե՛ր",
- "Վարդա՛նա՛ն՛ հարթահարել...":

Երբ կինն անվերջ երկվտամբների մեջ է, չի բարձրաձայնում իրեն հուզող հարցերի մասին և չգիտի ինչպես վարվել, կա հետծննդաբերական դեպրեսիայի առաջացման վտանգ:

7th meeting
29 September 2023

- + Legal package for pregnant women
- + State support
- + Discussion, Q&A

Gyumri Unified Social Service reception desk specialist: A. Nalchajyan

- + Healthy food Healthy lifestyle
- + Avoiding extra pounds
- + Allergic foods
- + Discussion, Q&A

Family doctor, GP: P. Gevorgyan



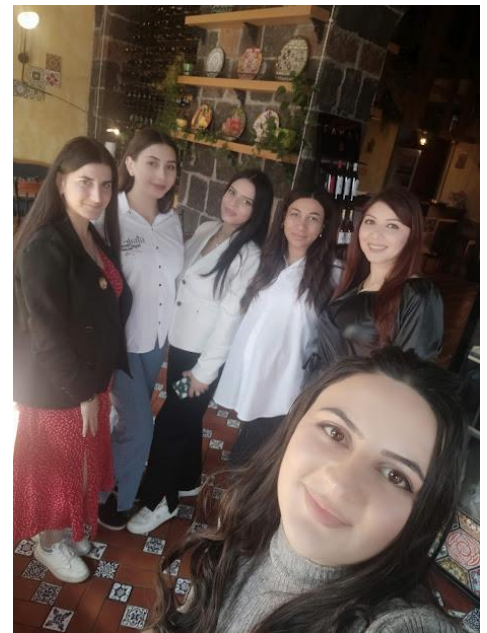
BREAK

Interesting, interactive, lively discussions during breaks.

8th meeting
06 October 2023



Final meeting of the project at Florence Cafe in Gyumri. Participant pregnant mothers, training specialists, representatives of SOAR Foundation and CDSSC BNGO.



The meeting took place in a pleasant environment, the already formed team was warm, they shared memories, humorous moments, acquired knowledge, decided to keep in touch...

A mutual aid group of future mothers was outlined.

Nurses from polyclinics working with pregnant women expressed their desire and were involved in the meetings, who will use the information they received during work with pregnant women in the polyclinic.



At the end of the program, the gift-packs and baby carriage-cradles provided by SOAR BH Com were a nice surprise and attention for the young mothers, who gladly accepted and expressed their gratitude for both the knowledge and attention they received.

At the end of the program, we had 3 babies born, one of which was born with special needs and needs further treatment and support.



PROJECT RESULTS

- The program contributed to the mother's pregnancy, educational, healthcare, socio-psychological, legal knowledge, as well as the prevention of prenatal and postpartum depression.
- Expectant mothers received sufficient knowledge about the development stages of child, healthy food, provision of social-psychological environment, vaccinations and issues.
- The knowledge provided by experienced specialists, through the participants of the program, had an indirect impact on the family members of the latter.
- During the program, pregnant mothers with health problems, expecting a child with special needs, displaced and having difficulties adapting to a new environment received continuous counseling, were under the attention and care of the program's specialists.
- Material support provided by SOAR was also important for project participants. support packages, which included supplies and other means for the care of both mothers and children.
- Nurses from polyclinics working with pregnant women expressed their desire and were involved in the meetings, who will use the information they received during work with pregnant women in the polyclinic.

- The program was particularly positively evaluated by state and community institutions and doctors.

PROPOSALS RELATED TO THE CONTINUATION OF THE PROGRAM.

- Based on the positive results of the program, state institutions and doctors suggest implementing the program in other communities as well, including pregnant mothers of displaced families from Artsakh.
- To carry out work with mothers displaced from Artsakh and having newly born child in RA. To provide socio-psychological assistance and material support packages according to the assessed needs of each mother and child (will be presented in individual cases) before the child turns one year old.
- To implement a social-psychological, art therapy program with children aged 0-5 years (including children with disabilities) and their parents of families displaced from Artsakh, taking into account the many stresses and problems they have in adapting to new conditions in the post-crisis situation.
- It was highly recommended by the Territorial Health Department of Shirak Region to hold courses for family doctors, gynecologists and nurses of community polyclinics working directly with pregnant women.
- Increase the number of program participants by including pregnant mothers with health problems, pregnant mothers expecting a child with special needs, displaced and having difficulties adapting to a new environment, provide continuous professional counseling, if necessary, make visits to families, providing professional attention and care.
- In case of displaced mothers, do not limit yourself to mothers expecting their first child, but also include women expecting second and subsequent children who face environmental, socio-psychological, socio-economic and other problems after being displaced.

PRESIDENT OF CDSSC BNGO

GEGHANUSH GYUNASHYAN