



Happy Healthy Kids in Uganda!

Reporting back from Uganda 2021-2022

The Heights and Minds Foundation in partnership with Kawempe Youth Centre - with BIG THANK YOU to all donors of the crowdfunding and Triodos Foundation.



Good Nutrition - Smart Brain - Bright Future



Introduction to the Heights and Minds Foundation

Heights and Minds promotes the growth and development of children in the first 1,000 days of life (from conception to a child's second birthday) by empowering parents with knowledge, tools, and fun events such as cooking shows. Worldwide, Heights and Minds set up inspirational meeting points for caregivers and their children called **MindUps**.

These MindUps are connected through the digital Global Highway Platform. Heights and Minds work with local partners to integrate the MindUp concept into existing projects and activities. This is done in collaboration with national and local governments.



The MindUp concept

At the MindUp, pregnant women, parents, and caregivers get the chance to learn about the growth and development of their child, healthy feeding practices, and parenting. The **MindUp Managers (MUMs)** are the counsellors to assist and realize these activities.

The Global Platform connects the MUMs worldwide. It enables them to receive training, share experiences, and learn from each other.

The MindUps are empowered to become self-sustainable by using local resources and innovative solutions.

"The first 1,000 days determine the future"



Video: Introduction to the Heights and Minds Foundation and the MindUp concept
https://www.youtube.com/watch?v=BNpn8jRgM9E&ab_channel=HeightsandMindsFoundation



KYC created space for the MindUp

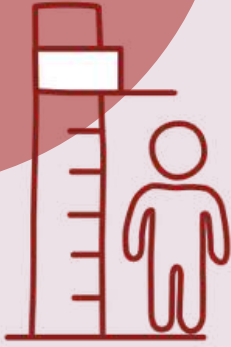
The former young child library space was converted into a MindUp including the library, adding a play corner, mobile and outside kitchen areas and the Growth Monitoring and Promotion (GMP) were integrated.



Tools for the KYC MindUp

Next to the renovation of the space, tools were purchased to support the operation of the MindUp; Scales, length mats, and a growth wall chart for the GMP services ; a mobile kitchen, kitchen equipment, and utensils for the cooking workshops and for income-generating activities; and early stimulation toys and children's books for the play corner.

GMP



Standing and Hanging Scale



Heights and Minds' Child Length Mat



Heights and Minds' Growth Wall Chart

GMP services are important to ensure the child grows and develops well during the first 1,000 days. Thus, supporting the child's current health and future potential.

Kitchen



Mobile Kitchen modeled on the original design by Tunas Nusa Foundation/Ruang Riang Ceria MindUP in Indonesia



Kitchen equipment and utensils

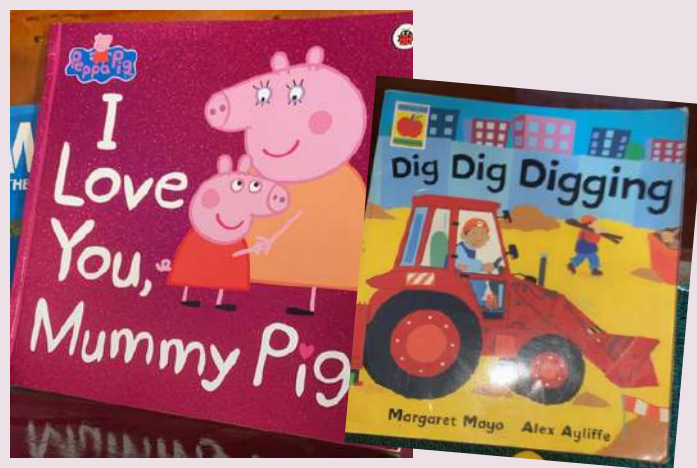
Play corner



Play mats MindUp



Television to display educative videos and cartoons for kids



Children's books



Early stimulation toys

Nutrition, early stimulation and loving care, and a clean environment are essential during the first 1,000 days of life for children to reach their full potential.



The KYC MindUp officially opened on April 12, 2022

with the KYC brass band and participation of the local council, community representatives, and parents and caregivers. Official opening words by KYC and Heights and Minds, certifications were awarded to the new MUMs, and self-made healthy smoothies and snacks were provided. The fun celebration concluded with the KYC Brass for Africa Band leading a march through the community, where brochures were handed out to promote the KYC MindUp and educate the community about the importance of the first 1,000 days of life. It was a big success!



Before opening, a four-week training and coaching program was conducted.

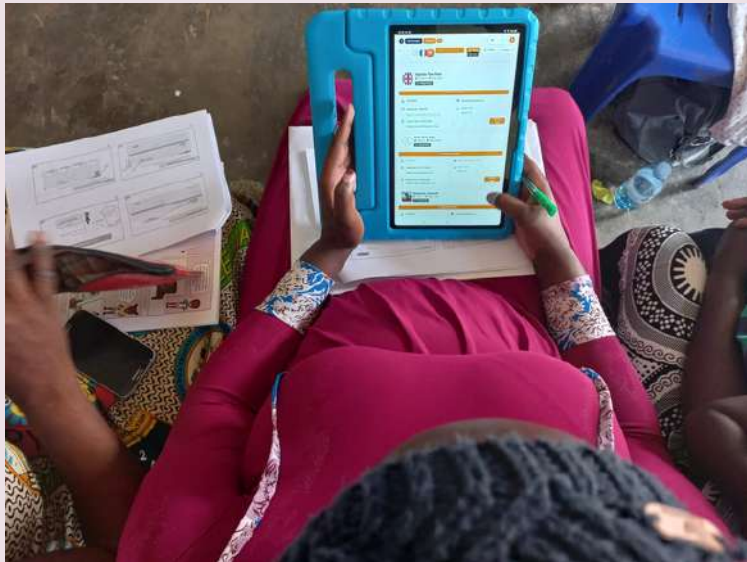
Training Week 1

Subjects:

- Introduction to the Heights and Minds Foundation
- First 1,000 days of life
- GMP

Practical:

- Practicing how to use the Service Highway (Heights and Minds' online registry system) to interpret the child's height and weight
- Practicing growth monitoring with caregivers and children



Practicing how to use the Service Highway



Practicing growth monitoring with caregivers and children

Training Week 2

Subjects:

- Pregnancy
- Nurturing Care
- ECD
- Infection prevention

Practical:

- Developmental Milestones game
- Making Early Stimulation toys with household items



Developmental Milestones game



Making Early Stimulation toys with household items

Training Week 3

Subjects:

- Nutrition (healthy diet, macro and micro nutrients)
- Healthy lifestyle (before, during, and after pregnancy)
- Breastfeeding
- Complementary feeding

Practical:

Cooking workshops

- Nutrition during pregnancy
- Complementary feeding



Cooking workshop: Nutrition during pregnancy – healthy smoothies were made suitable for pregnant women



Cooking workshop: Complementary feeding – healthy dishes were made suitable for infants and young children 6–24 months old

Final Training and Coaching Week

Subjects:

- Counseling
- Advanced breastfeeding knowledge
- MindUp management/entrepreneurship

Practical:

- Discussing case studies
- Practicing GMP counselling with caregivers and children



Discussing case studies



Practicing GMP counselling with caregivers and children



Thank you!

With the support from Triodos Foundation, the Heights and Minds Foundation, in partnership with KYC, can ensure that children in Uganda reach their potential and have a fair chance at a happy, healthy and productive life: **Happy Healthy Kids in Uganda!**

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Heights and Minds on Instagram!



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