



***MOTHER AND BABY PACK PROJECT FOR
PAPUA NEW GUINEA***

BABY ITEMS

New Born outfit
Singlets
Cloth Nappies X 2
Snib or Pilcher
Woollens: Cardigan,
Booties, hat
Bunny Rug
Extra outfit to fit baby when older

MOTHER ITEMS

Underwear (size 12-14)
Sanitary Pads (4 or more)
Face Washer
Soap
Nightie or Gift for mum
Towel

BAGS TO PUT CONTENTS IN:

40cm tall and 35cm wide, with strap
Made with material of any type

In 2005 The Highlands Foundation with the help of the local community began to make Mother/Baby Packs to give to the expectant mothers in Papua New Guinea. This project was a very successful and practical one in that it involved the whole community in making a difference in a less fortunate part of our world. As volunteer midwives, we saw first hand how little mothers had when they gave birth to their babies. In some instances we only had the mothers skirt or lap lap to wrap around the baby when it was born. The baby pack project is a combined effort of mainly women who have knitted, sewed, and shopped to collect the necessary items. (Second hand clean baby outfits are acceptable). However, certain items for the mother need to be purchased new eg. Underwear, sanitary pads, soaps etc. Once the items are collected and wrapped in the bunny rugs, material bags with handles were sewn to put them in. In 2005, we were able to make 300 baby/mother packs and take them to Goroka PNG on a shipping container. We had the privilege of handing these packs out in antenatal clinics, labor wards and rural health centers. The smiles on the mothers faces were priceless as they receive these special gifts. We encourage communities to get involved in this very simple yet effective project which truly makes a positive difference in places like PNG.

Thank you for your support and commitment.

Marie Treloar (President, Highlands Foundation)

www.highlandsfoundation.org.au