



Mother and Baby Pack Project

In 2005 the Highlands Foundation, with the help of the local community, began to make Mother/Baby Packs to give to expectant mothers in Papua New Guinea. This project was very successful and practical, as 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. In some instances we only had the mother's skirt or lap lap to wrap around the baby when it was born.

The Mother and Baby Pack project is a combined effort, of mainly women, who have sewed, knitted and shopped to collect necessary items. Good quality, clean baby items and mothers gifts are acceptable, but certain items for the mother need to be purchased new; underwear, sanitary pads, soap. Once collected and sorted, the items are wrapped in bunny rug and blankets and packed together in hand sewn bags to be gifted.

In 2005, we were able to make 300 packs and take them to Goroka in PNG in a shipping container. We had the privilege of handing these packs out in antenatal clinics, labour wards and rural health clinics. The smiles on the mothers' faces, when they received these special gifts, were priceless as are the positive impacts on the maternal and infant health outcomes. Since then we have sent 1000's more. We encourage communities to get involved in this very simple yet effective project, which truly makes a difference in places like PNG.

We Need

Good quality, clean **baby clothes** and **toddler clothes** (up to size 4), **wraps, blankets, cloth nappies, t-shirts** (size 12 +), **new women's underwear** (size 14+), **maternity sanitary pads, gifts for women** (comb, mirror, beads etc), **bras, towels, linen**

Email: donations@highlandsfoundation.org.au

www.Highlandsfoundation.org.au

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