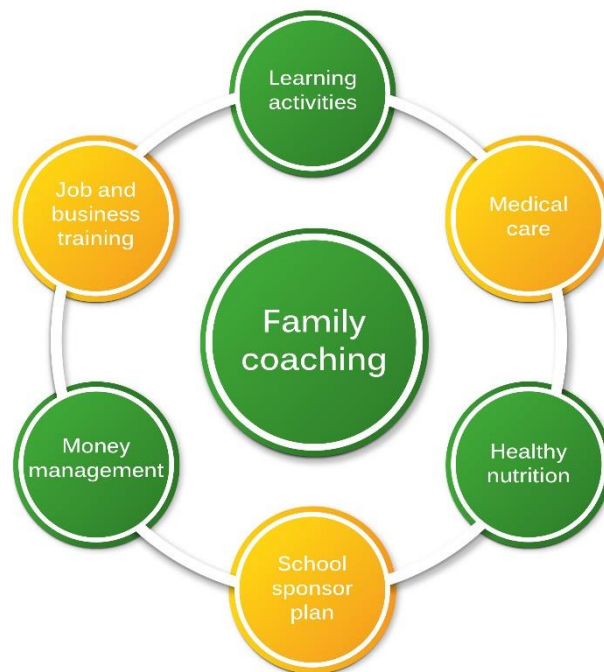




# Program description

## Family Based Child Care

A help program for disadvantaged children and their families in Tanzania.





## Prologue

Children are a concern of all of us. As NGO Tan-kids, we have a strong desire to see children growing up healthy and happy.

Providing successful child and youth care is not an easy job, as we see the shameful reality of the millions of children worldwide, deprived of their basic needs because of family separation, poverty or instability.

We strongly believe that a lot of resources are available to provide sustainable child and youth care. Talents, skills and other gifts are given to every child, family and community. Although we can clearly see that not everybody is aware of that.

This is one of the reasons, we want to strengthen the capacity of parents and other caregivers, to take care of their children. And we want to empower children and youth, to take responsibility in shaping their own lives!

Together with our local partners in Tanzania, we developed a program: Family Based Child Care. A program to strengthen children and their families to live the meaningful life they were created for.



Annette Klijsma-den Hertog BSW  
Director, trainer and child coach  
NGO Tan-kids – Holland

## NGO Tan-Kids

**NGO Tan-Kids** in Holland, works together with non-profit organizations in Tanzania, to provide care and education for children who are living in poverty or neglected situations.

A team of 3 board members and 6 volunteers are freely giving their time and talents to run the charity organization in the Netherlands and assist the local Tanzanian partners to implement Family Based Child Care.

After her study Social Work, Annette Klijsma specialized herself as coach and counselor for children/youth and their family. Out of her pedagogical profession, she is focused on (the improvement of) the social-emotional development of children.





## Children and families

The International Convention on the rights of the Child emphasizes the importance for a child to grow up in his/her own family as **one of the basic needs**.

Communities can be mobilized and strengthened in ways that lead to a stronger safety net for parents, families and their children. For example, increasing the number and support of community-based social workers that can identify, access and refer vulnerable children and families to appropriate services is critical. Additionally, research has shown that a combination of access to basic services, together with economic support is fundamental to helping families stay together.”

**A robust body of evidence over the last 30 years demonstrates that families provide the best environment for a child’s development.**

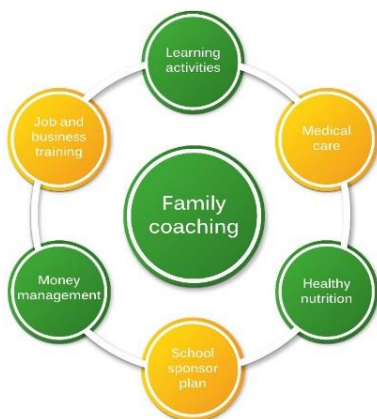
Children’s cognitive, social and emotional development are supported when they are loved and protected, have a sense of belonging and learn the life skills that are integral to growing up within a family.

(source: Children, orphanages and families – Faith to action Initiative, 2014)

## Family Based Child Care

### General goals of the FBCC Program

- Access for children in their basic needs. This includes nutrition, housing, a loving family, healthcare, age appropriate child care and education, psycho-social support, space for play and leisure.
- Ability of parents to give attention and love to their children as well as the required childcare knowledge and skills.
- Enabling the family have sufficient family (re)sources with which it can provide the basic needs, care and education of its children. Improve the capacity of the family, through access to social, economic or educational services.



To provide a professional and effective social work for children, we need to have a view on different areas of their (family) life. With different areas of life we think about: housing conditions, work and income, education, physical health, social-emotional health, parenthood and spiritual life.

We believe that the conditions and capacity within these various life areas influence each other (both negative and positive). They can reinforce each other and they can weaken each other.

To get a view on these different areas, we need to pay home visits and school visits to discover the situation of the child and his family.

For these tasks, a professionally trained family coach is needed. Each child and his family have their own life story. The family coach is trained to seek and find connection with every unique person in its own specific situation. The role of the family coach occupies a central place in the program.



### Family coaching



There is a need to build skills and competencies so as to ensure a nurturing and safe environment for children who are depending on their parents and other adults. The family coach helps the family to set goals they need and want to work on. The coaching consultations will increase the ability of the family, to find their own solutions. (Solution-focused approach)

Empowerment and counselling can be found in the area of network, education, parenthood, medical care, income improvement, social-emotional life skills and spiritual counselling. The family coach stimulates and/or connects the family to these interventions and social services.

### The school sponsor plan

We meet the necessary costs for a child to be in school. The sponsor plan covers nursery school, primary school, secondary school and vocational training. The parents will contribute according to their capacity.



### Money management

As part of the screening, we ask the families to fill in their personal budget. Further coaching can be offered to create awareness about monthly income and costs, to learn how to calculate and make reservations for future necessary expenses. Generally we can say that this service is offered to help families oversee and plan their financial situation.



### Job and business training.

Components of job and business training are: internalizing "ownership" of life (mindset transformation), job training workshops, business training, book keeping skills and practical skill training (learn to make new profitable products). All these are aimed at helping the families to become financially autonomous.

### Medical care.

Where needed, the family coach helps the family to go to the hospital, find a suitable health insurance or raise funds for medical costs.



### Healthy nutrition.

To improve health and as prevention of health problems, a nutritionist shares knowledge about healthy food, according to the recent findings in the field of healthy nutrition. Food emergency aid can be given in moments of need.



### Learning activities.

We strive to see children and youth participate in after school activities, like playing, reading, attending a club, computer lessons, homework assistance, life skill training or receive a listening ear.



## Target group:

Disadvantaged children (and families) in Tanzania, who are in unfavorable circumstances of their basic needs. The age of the children is approximately from 3 to 20 years.

## Methods and approach

1. The child is identified through the local organizations and/or the government
2. Screening by the family coach through home/network visits
3. Decision by the organization how to help the child and the family
4. Planning and settlement of goals by the family, the child and the family coach
5. Working towards the goals and reporting the progress in a family file
6. Evaluation after 6 and 12 months. Decision to continue or to stop helping the child.
7. The maximum duration to participate is 2 years.

### Screening Conditions.

Screening is the most important step for intake. Based on the screening, a decision will be made how to help the child. The (background)situation of the child and his family will be examined on the basis of an extensive questionnaire. The family must be willing to receive the help and use it accordingly towards self-sustenance. They must be ready to fully participate in the family coaching and other interventions of this program.



### Professional Child and Youth care:

Our way of working is a mixture of following approaches and methods:

Empowerment through Solution Focused Coaching, Task-oriented work, Social-emotional skills training and material assistance.



We work with a variety of tools to scale the development of the child, to set goals and evaluate them. A training is offered to organizations and social workers who want to implement the FBCC program.

### The local organization:

The implementation of this program requires a local non-profit organization with both trained and committed social workers. Knowledge of the English language is a requirement, to be able to write reports and attend meetings and trainings.

### Follow-up of FBCC

FBCC aims to strengthen children and their families. When this is combined with raising awareness, mobilization and motivation of other groups in the community, we believe that we create sustainable conditions for children to grow up healthy and happy.

**Ensuring that all children are well cared for, ideally within a family, takes the active involvement of and collaboration between government, non-governmental organizations, local communities, churches, families and caregivers, as well as children and youth.**

There is a role for each of these groups and a need for collaboration and a shared understanding of what is best for children. "(source: Children, orphanages and families – Faith to action Initiative, 2014)

