



# 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](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**

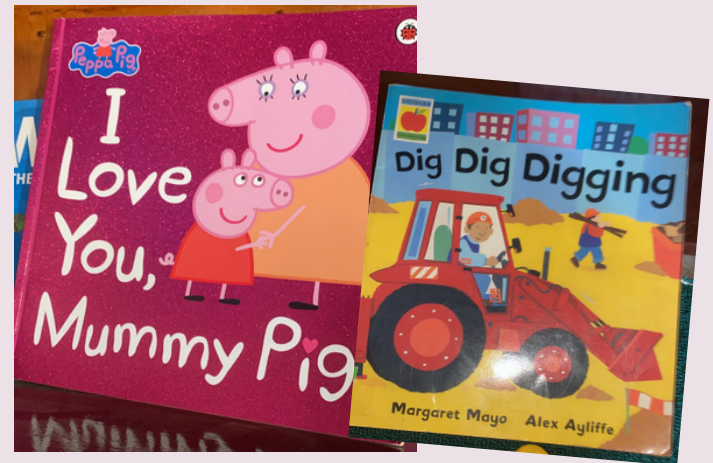
# Play corner



**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.**

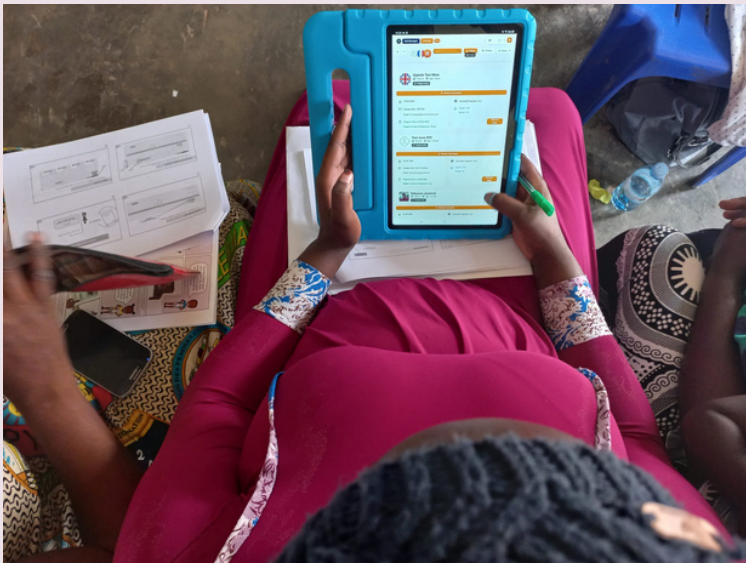
# Training Week 1

## 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:

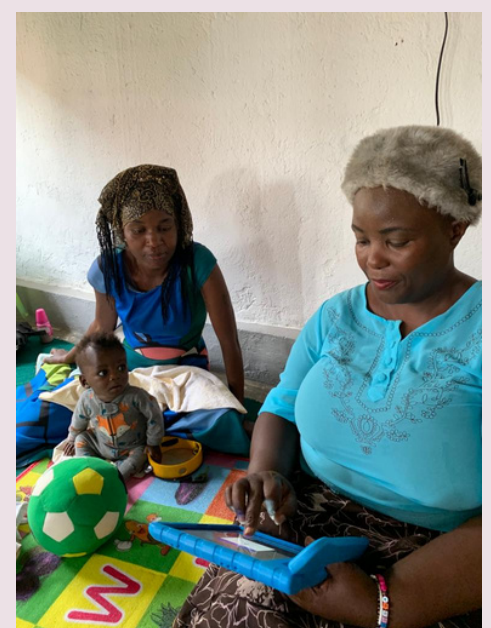
- Counseling
- Advanced breastfeeding knowledge
- MindUp management/entrepreneurship

## 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!**

**The first 1000 days determine the future!**  
**“Good Nutrition - Smart Brain - Bright Future”**

To stay updated, follow  
Heights and Minds on Instagram!