



# Rotarian Peace Projects Incubator

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<b>Rotarian Peace Projects Incubator's Thematic Area</b>	<b>Promoting Peace Saving Mothers and Children Supporting Education</b>
<b>Rotary Focus Area</b>	<b>Maternal and child health Peace and conflict prevention/resolution</b>
<b>Contact:</b> Contact person within your group (responsible for this project proposal)(Name + email)	Anna Slavinskaya (anna.slavinskaya@gmail.com)
<b>Project Title:</b> Provide a full title (and acronym if any)	<b>ECD-based Parent Support Program addressing Immigration Related Stress and Children Maltreatment</b>
<b>Project Partners and Participating Organisations:</b> List all your project partner organisations, including participating <b>Rotary clubs and districts</b> if any	Planned partners (at this point of time no agreement of participation is obtained yet; with some of the organizations the contact is established): <ul style="list-style-type: none"> <li>• Pro familia Landesverband Brandenburg e.V.</li> <li>• Stiftung „Hilfe für Familien in Not-Stiftung des Landes Brandenburg“</li> <li>• Fachstelle Kinderschutz im Land Brandenburg</li> <li>• Familienzentrum und Mehrgenerationenhaus Philantow (Teltow)</li> <li>• Teltow City Council, Gynecological Clinics, Kindergartens, Pediatrical clinics in Teltow/South Berlin</li> <li>• Jugendamt</li> <li>• Rotary Clubs in Brandenburg and Berlin</li> </ul>
<b>Geographical Scope</b>	For pilot: Teltow (town in Brandenburg in close proximity to Berlin), later on possibly Berlin or Potsdam and broader geography
<b>Summary:</b> Please provide a concise summary with a maximum of 500 words outlining the project and explaining the community needs your project will address and how these needs were identified.  Ensure that you include what your project aims to achieve (objective) and how (method/procedure). What will be the main outcomes?  Explain in a few sentences how you will incorporate the objective of sustainability into your project.	<b>Problem description</b> In 2020 according to German Federal Statistical Office the share of people with a migrant background rose to 21.2 million and this is one of the largest immigrant populations in Europe. Relocation to another country is a stressful process and a major life change for anyone but the most vulnerable group can be pregnant women and young children. The first years of life represent a particularly vulnerable phase for brain development and maturation of the key physiologic systems. Mothers with young children are at increased risk of becoming isolated and the restrictions associated to the prevention of spread of Coronavirus have highly contributed to social isolation, as well as development of various psychological disorders including postnatal depression. The consequences on the child of maternal postpartum depression are not restricted to infancy, but can extend into toddlerhood, preschool age and

even school age. This represents a bad spiral. Immigration-related environmental factors exacerbate parental depression and maladaptive parenting that lead to parental stress and increase likelihood of domestic conflicts with a probability of domestic violence. Early childhood exposure to domestic violence is associated with higher rates of violence in adulthood and thus creates a significant challenge for those working for sustaining peace.

### **Project objectives and goal**

Family-based approaches, such as parent support programmes for migrant parents are suggested to tackle the problems described above. The program focuses on ECD (early childhood development), prevention of children maltreatment, reduction of immigration-related stress and promotion of better parental practices and families' overall wellbeing.

Major goal of the project is to protect children of migrant families in distress by supporting the remodeling of family space into nurturing and responsive environment to help children from early age to develop secure bonding, trust and self-esteem with the perspective on the formation of their pro-social behaviors in the future.

Among expected outcomes: Increased knowledge among the participants on how to increase positive parental practices and families' wellbeing; improved the sense of parenting competence; mothers' postpartum depression and its impact on mothers' everyday life is recognized and if possible prevented/treatment started; mental health of both parents and children is improved; increased awareness about the social- and welfare system, legislation and policy of the new host country is increased; and other.

### **Project description**

Theoretical framework: Harvard University's Center on the Developing Child's Three Principles to Improve Outcomes for Children and Families and ECD's 'Ecology of Peace'.

It is planned that every participating family will be assigned to specific project consultant (with the background in psychotherapy and child psychology) who will assist them through all project activities.

- For Mothers: Weekly visits of Hebamme (Midwife in German) within first 6 months after birth; Traditional Birth closure ceremony for every participating mother to process traumatic memories of the birth; Information services on host country legislation and social protection benefits; Coaching assistance and skill-based trainings for mother willing to re-integrate into labor market; "Burn-out preventive emergency assistance service" – wide range of support types: cook, clean, stay. etc.
- For Child's physical well-being: Course on Baby massage; PEKIP course; etc.
- For both parents: Support Groups, support line on all questions related to child's health and well-being; Reference to the existing governmental (ex. Jugendamt, Agentur für Arbeit, Krankenkasse) and non-governmental institution (ex. Profamilia, Caritas, etc.); Intensive training programme at the resort over weekend (the focus is shifting parents perspectives on prioritization of child's well-being, transforming the patterns of stress-driven family communication, etc.)

	<p><b>Sustainability</b></p> <p>Sustainability of the outcomes is provided through the following factors: participants are invited to be consultants for next projects and encouraged to start new or support existing local initiatives addressing the needs of families with small children or families in need. Upon successful completion the project can be conceptualized as a model and shared relevant organization for further implementation. After final evaluation, an article for academic journal will be submitted.</p>
<p><b>Beneficiaries:</b> Who are the beneficiaries? Please include the estimated number of direct beneficiaries</p>	<p>The project aims to address (mainly but not exclusively) the needs of immigrant families with small children (0-3 years old) who do not have relatives in Germany and do not receive any special governmental support (social security benefits). It is planned to involve for the pilot project 50 families from Teltow area (Brandenburg) either with migrant background or recently moved within Germany local population in need of support. Indirect beneficiaries: other foreign mothers or mothers in distress, local community, governmental offices, Germany and EU as a society aiming for peace in a broader sense.</p> <p>This is a pilot project. It is planned to apply the best practices in a broader geographical area.</p>
<p><b>Project Period</b></p>	<p>18 Months: September 2023 - January 2025</p>



**Project budget:**

Category	Unit	Number of Units	Unit Cost (EUR)	Amount	%
<b>Human Resources/Staffing</b>					
Project Coordination (Manager full time and assistant part-time)	18 months	2	C2000/Monthly A1000/Monthly	54.000	
Family counsellors/consultants (full time)	1 consultant*10 families*14 Months	5	2000/Monthly	140.000	
Midwives					
Trainers	3 trainers:15 hours of trainings each within duration of the project	3	40/hour	1800	
Interpreters	Upon necessity (10 hours planned)		40/hour	400	
Volunteers (babysitters, household helpers, etc.)	10 Volunteers*14 Months	10	100/Monthly	14.000	
<b>Logistic/Venue</b>					
Transportation costs (regular for staff)			500/Monthly	9.000	
Materials			200/Monthly	3.600	
Snacks			100/Monthly	1800	
<b>Training</b>					
Venue	Hoping to negotiate it with the hotel and get their support in covering the costs				
Hotel	50 families: 2 caregivers each plus staff (5 consultants), coordination staff, volunteers	2 nights for 115 persons	40/room/night	5.200	
Meals	115 persons plus kids	3 days	3 days*50 pro family and staff unit	9.750	
Transportation	Rental bus (?)	Both ways, 2 Buses	2000/Bus	4000	
Contribution of participants	50 families*14 Months		25/Month/Family	17.500	
Contribution of stakeholders	Costs for venue for regular trainings and meetings, salary for the consultants on behalf of governmental offices, so on. Various non-monetary contributions are expected.				
<b>GRAND TOTAL</b>				<b>226.050 EUR</b>	

