

MEMBER NEWSLETTER

Let's Play. Let's Grow. Let's Thrive Together.

Dear aRe Bapaleng Member,

Thank you for continuing to partner with us to drive real, lasting change in the ECD sector. In our Newsletter this month we feature many of the inspiring activities that have taken place during July that showcase the importance of partnerships.

At Seriti's Annual Partner Networking event this year we explored the critical role that programmes across different sectors, including ECD, Agriculture and the Green Economy, play in terms of creating opportunities and possibilities for communities to thrive.

Click here to access the full report:
<https://seriti.org.za/wp-content/uploads/2026/08/Seriti-Partner-Network-Event-2026-Report.pdf>



“Lasting impact depends not only on how much we invest, but on how effectively we connect programmes, align partnerships and create coherent pathways towards sustainable livelihoods.”



Three conversations,
one shared message:

**Stronger pathways
require stronger
partnerships.**

In July, we worked closely with our members and implementation partners to celebrate Mandela Day across the country.

In **Gauteng**, Seriti aRe Bapaleng partnered with ETDP SETA to celebrate 67 Minutes of service for Mandela Day at **Sunrise Day Care** and **Itsoseng Day Care**. The **ETDP SETA** donated learning materials, blankets, washing powder, soap, and sleeping mattresses to support the centres. In partnership with **Restore Africa** and **Inmed** we established a food garden at the **Zamakuhle ECD Centre**. The learners were also given the opportunity to participate by planting seedlings.



In **Standerton, Mpumalanga**, Seriti aRe Bapaleng partnered with **Standard Bank** to donate seedling boxes to **Twinkle Eyes Day Care**.

With the official start of the **National Youth Service (NYS) Phase 5**, Seriti aRe Bapaleng is working with members and implementing partners across the country to provide work opportunities for hundreds of unemployed youth. In **Sannieshof, NorthWest**, NYS participants went out to clean the streets of their communities and upcycled materials into flags and skipping ropes.





Member Spotlight

Championing health and nutrition in Komati and Standerton

This month, we celebrate these Principals at ECDs in Komati and Standerton who share with us how they support good health and nutrition in their centres.

Duma Mthombeni — Isizwe Edu Care Centre (komati)

"At our school, we have a rule that children should not bring chips and sugary drinks. Instead, we encourage them to bring water and fruit. We believe that healthy nutrition is important for children's growth and development."

Nqobile Ngwenya — Principal (Standerton)

"We support young mothers by sharing information with them about child health and the importance of providing children with healthy food. It is important that young mothers receive the right information and support to help give their children the best start in life."

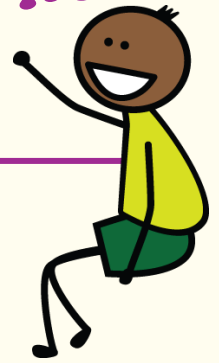
Nomsa Zwane — Principal, God's Grace Day Care (komati)

"Back in the day, my mother used to give me lots of tea and mabele soft porridge. These are some of the traditional foods and practices that were shared with mothers in the past. Today, we continue learning about the importance of healthy nutrition for children."





Resources You Can Use This Month



Breastfeeding Awareness: Ideas for Our Centres

This month starts with Breastfeeding Week, an opportunity to raise awareness on this key aspect. Here are some ideas you can try:

- Make a small corner or noticeboard with positive posters (like this one created by the NYS 5 participants) and facts about breastfeeding.
- Invite parents (especially new or expectant mothers) for a short, friendly chat over tea. Share simple messages, answer questions, and give printed information or local support contacts. Keep it relaxed and kind.
- Create a "Breastfeeding Heroes" wall or book corner. Ask staff and parents to share short positive stories or photos (with permission) or put out books about feeding and family. This helps make breastfeeding feel normal and creates a warm feeling for everyone.

WORLD BREASTFEEDING WEEK
IVIKI LOMHLABA LOKUNCULISA

LET'S PROTECT BREASTFEEDING A SHARED RESPONSIBILITY
Breast milk is the first food and the best protection for your baby.

MASIVIKELANI UKUNCULISA UMTHWALO WETHU SONKE
Ubisi lwebele ukudla kokugala futhi okuvikela ingane yakho kangcono.

BREASTFEEDING SUPPORTS LIFE UKUNCULISA KUYASEKELA IMPILO

- Healthy babies Iziningane ezinempilo
- Stronger immunity Amasosha omzimba aqinile
- Better brain development Ukuthuthuka kengqondo okukhulu
- Stronger bond with baby Ubudlelwano obugqirile nengane
- Saves money & resources Konga imali nezinye izinziso

Together, we can build a healthier future. Sisonke singakha ikusasa elinempilo.

GOOD POSITION, HAPPY BABY UKUMA OKUFANELE, INGANE EJABULE
A good position makes breastfeeding easier and more comfortable. Indawo yokunculisa efanele yenza kubekule futhi kukhululeke.

CRADLE HOLD (UKUBAMBA OKULIWAYELEKILE)

- Baby's head on your arm
- Baby facing you
- Body close to yours
- Ikhanda lengane lisaduzane nengalo yakho
- Ingame ibhekile kum
- Umsimbisa wayo usaduzane nomzimba wakho

CROSS CRADLE HOLD (UKUBAMBA NGENGALO EPHAMBI)

- Support baby's head with the opposite hand
- Good for newborns
- Sekela ikhanda lengane ngesandla eliphambene
- Iingele izinsana ezisanda kuzalwa

FOOTBALL HOLD (UKUBAMBA NGAPHANSI KWENGALO)

- Baby under your arm
- Good after a C-section
- Ingame phakanyiswe ngaphansi kwengalo yakho
- Iingele omama abahlinzelelwe ngenikhathisa

SIDE-LYING POSITION (UKUNCULISA ULALILE ECELE)

- Lie on your side
- Baby facing you
- Relax and nurse
- Lala ubhekile eceleni
- Ingame ibhekile kuwe
- Phumla uneswe

Make sure baby latches well – mouth wide open, chin touching the breast.
Qinisekisa ukuthi ingane ibambe kahle – umlomo uvuleke kahle, isilevu sithinta ibele.

COLOSTRUM: THE FIRST IMMUNIZATION UBISI LOKUQALA: UMUVA WOKUVIKELA WOKUQALA
Colostrum is the first thick yellow milk. It is full of nutrients and antibodies. Ubisi lokugala luba yibhubesi eliphuzi. Lugelele umsozo namasosha omzimba.

- Protects baby from infections Ithela ingane esifweni
- Helps baby's tummy Lulisa isise sengane
- Easy to digest Lufaka ukugayika
- Made in small amount, but very powerful Lwenziwa kancinci, kodwa kunamandla kakhulu

EXCLUSIVE BREASTFEEDING 0-6 MONTHS UKUNCULISA OKUKHETHEKILE 0-6 IZINYANGA

- 0-6 months only breast milk 0-6 izinyanga kuphele ubisi lwebele
- No water, no other foods. Alakho mazi, akukho okunye ukudla, akukho ubisi lwefomula

After 6 months, start soft foods and continue breastfeeding up to 2 years and beyond. Ngemva kwezinyanga ezi-6, qala ukudla okuthambile. futhi uqhubeke nokunculisa kuzo kubu zimipaka emi-2 nengaphezu.

BENEFITS FOR BABY & MOM IZINZUZO KUMTANTA NOMAMA

FOR BABY (KUMTANTA)

- Stronger immunity Amasosha omzimba aqinile
- Healthy growth Ukhulisa okunempilo
- Better brain development Ukuthuthuka kengqondo
- Less sickness Ukugula okuncane
- Safe and always ready Kuphephe futhi kulula kuzalo

FOR MOM (KUMAMA)

- Helps uterus return to normal Itsha siza sibuyele esimweni esifweni
- Burns calories ibhisa amakhathali
- Saves money konga imali
- Strengthens bond with baby Izinga ubudlelwano nengane
- Lowest risk of some diseases Vuthisa ubungazi beqilo esithile

SIGNS OF GOOD LATCH IZIMPAMU ZOKUBAMBA KAHLE

- Baby's mouth wide open Umlomo uvuleke kokhulu
- More areola seen above the upper lip Ukhelo elubomvu kuningi phezu kungqondo
- Baby's chin touches breast Izinqubo zithinta ibele
- You feel a gentle pull, not pain Uthola ukuthuthuka okuncane, hhayi ubuhlungu

If it hurts, check the position and latch. Uma kubuhlungu, hola indawo nokubamba.

CHALLENGES? YOU ARE NOT ALONE IZINSELE? AWUWEDWA

- Sore nipples Amaphayinti abuhlungu
- Not enough milk? Ubisi alawone yini?
- Baby sleepy? Ingame ilala kakhulu?
- Going back to work? Ubugala emsebenzini?

Check position & latch. Apply on breast milk. Futhi indawo nokubamba. Faka ubisi lwebele.

Breastfeed often. Drink fluids. Rest. Ncane ngoba. Phuzo amandla. Phumla.

Skin-to-skin contact. Gently wake baby. Ntsha ukhumbisa nengane. Vusa ngobumzimba.

Express milk. Store safely. Express ubisi. Lugelele ngokugqhephisa.

Ask for help. Health workers are here for you. Cela usizo. Osondeni busempilo bakhona ukuzo bakusizo.

SUPPORT MAKES A DIFFERENCE USEKELO LUSHINTSHA KONKE

- Family support Usekelo lomndeni
- Community support Usekelo lomphakathi
- Health workers Osondeni busempilo
- Mother groups Amagqembu omama

Encourage, listen and support mothers. Khuthaza, lalela futhi usekele omama.

TOGETHER, WE CAN GIVE EVERY CHILD THE BEST START IN LIFE. SIYABAMBISANA, SINIKEZE INGAME NGAYINYE UKUQALA OKUNGCONO.

SentiInstitute
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National Youth Service Programme
— Proud to Serve —

iReBapaleng
Growing a Caregiver Network

nyda
OUR YOUTH. OUR FUTURE.

☹️ Maintaining Winter Wellness – Women's Day Tip:

This Women's Day, take time to care for yourself. In the cold winter months, keep warm with layers, drink warm tea or soup, and rest when you can. Strong women need strong bodies and minds — looking after yourself helps you care for the children and families around you.



Member Tips

Nurturing Little Hearts:

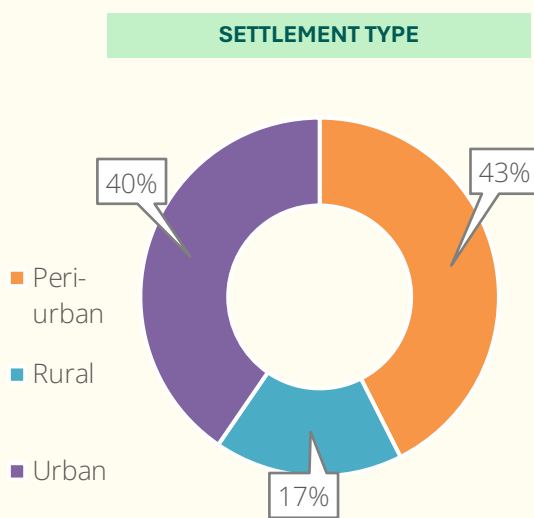
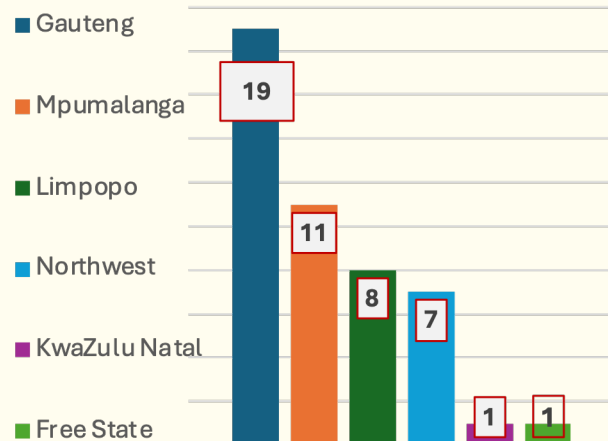
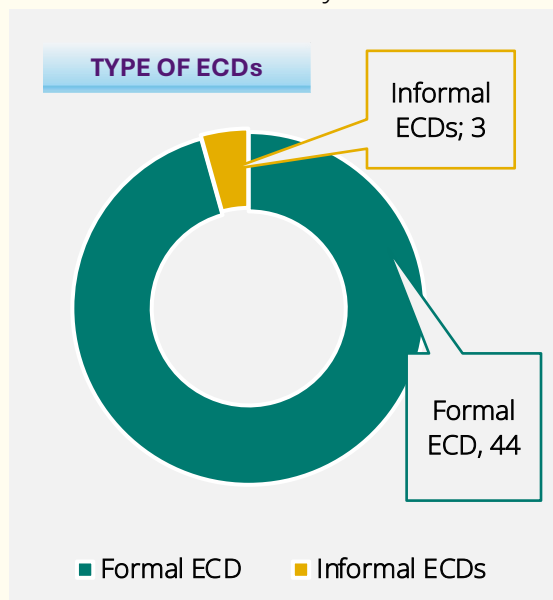


Johanna Motlhasedi, Principal at Itumeleng Early Learning Centre in Deelpan, provides some tips on how parents and caregivers can build strong bonds with their children. Providing emotional support is critical. Helping children to cope with their feelings in a healthy way builds self-esteem and helps them become emotionally strong. Offering a nurturing environment and spending quality time together talking, playing, as well as maintaining eye contact while they are calm are all important ways to build the bond. Parents and caregivers must also look after their own emotional health as primary role models for well-balanced coping. Regular self-care supports children's resilience and well-being. When you're rested, stress is less likely to pass on and it's easier to be patient, listen and teach intentionally.

Share your ideas with us – we love featuring member tips in the next newsletter!

Member Snapshot.

Thank you to all of you who are part of the Seriti aRe Bapaleng ECD Member Network. We are excited to confirm that to date we have 47 Members in the Network. Here is a brief picture of where all the Members are based and what environment they work in.



Events & What's Coming Next Month



Upcoming in August:

- ❖ This month we focus on the importance of breastfeeding as we kick off August with **World Breastfeeding Week** (1–7 August).
- ❖ On 9 August we celebrate **National Women's Day**, honouring all the remarkable women who make a difference in our lives, our centres, and our communities every day.
- ❖ On 12 August we mark **International Youth Day** — a wonderful opportunity to celebrate the contribution and potential of young people..

Looking ahead to September:

In September we celebrate **International Literacy Day**, **International Day of Peace** and **Heritage Day**. Perfect moments for stories, kindness and culture.

August 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2 Breastfeeding Week	3 Breastfeeding Week	4 Breastfeeding Week	5 Breastfeeding Week	6 Breastfeeding Week	7 Breastfeeding Week	8
9 National Women's Day	10 Public holiday	11	12 International Youth Day	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Keep playing, Keep growing!

Thank you for your continued support and involvement. **Together, as part of South Africa's growing ECD network, we can create safe, nurturing environments where every child can thrive.** If you have stories, photos, or questions, reply to this email or WhatsApp us on 060 939 2904.

Warm regards,

The aRe Bapaleng Team

