



HANDS TO HEARTS
INTERNATIONAL

2012
Annual Report



Director's Letter

Oh what a year this was! In 2012 Hands to Hearts International (HHI) expanded in new ways, in new countries, and is over-flowing on fulfilling on our goal to serve the most vulnerable children, at the earliest time, with the simplest and most cost-effective prevention possible. HHI trains and empowers caregivers and health workers to promote the early development and learning of children, to provide a stimulating, loving and protective environment. This enables anyone, anywhere, regardless of resources, to actively build their child's lifetime foundation for physical/emotional health and societal success. We are able to reach the most children by working with existing organizations that can replicate and then apply HHI's services to thousands more parents, health workers, day care providers and others.

Thanks to your support HHI had its biggest year ever! In 2012, HHI launched our first partnership with Save the Children-India. Our collaboration with Medical Teams International (MTI) in the post-conflict area of northern Uganda flourished. Another new partnership came from World Education, who invited HHI to the small kingdom of Swaziland to consult with the Ministry of Education to create a basic training for the country's preschool teachers. In our hometown of Portland, Oregon, an exciting new relationship with the Immigrant and Refugee Community Organization brought HHI's training to the United States for the first time ever. And last, but not least, our work continued via our own projects in India.

2012 also brought Hands to Hearts some very high-level recognition of our work. As HHI's Founder, I was invited to attend the small and exclusive Innovator's Forum at the Gate's Foundation, and UNESCO's Education for All event in Paris invited me to share about HHI as a key speaker. Additionally, the Fetzer Institute recognized HHI as an international "Exemplar of Love" and awarded our work in India with a significant research contract to investigate the quantitative and qualitative outcomes of our program.

Most importantly, we sparked more love within families, helped caregivers bond with their babies and gave children the chance to grow up to be healthy and successful individuals.

2013 holds exciting opportunities for HHI and the tens-of-thousands of women, men and children we seek to serve. Please continue to help us awaken love around the world!

In gratitude,

A handwritten signature in dark ink, appearing to read 'Laura Peterson', written in a cursive style.

Laura Peterson, MA
Founder & Executive Director

2012 Highlights

Hands to Hearts has now touched the lives of more than **169,000 women, men and children!**

HHI partnered with **Save the Children-India** to launch their first program in the country for children from birth to age three and their mothers. They used HHI's program to train over 7,000 mothers and caregivers.

Our impact in **Uganda** again surpassed expectations, with almost 10,000 village moms and dads participating in HHI childcare trainings.

World Education's 'Bantwana Initiative' invited HHI to be the lead consultant on a project in **Swaziland** to create their first preschool teacher training program.

HHI hired its **first full-time Program & Grants Manager**, Florence Poutal-Stevens, a French national with two Master's degrees and over a decade of international development experience around Africa and Asia with groups such as Doctors without Borders.

UNESCO invited HHI's founder to be a key speaker at their **Education for All event in Paris.**

The Fetzer Institute recognized HHI as an "Exemplar of Love" and is awarding a significant research contract to HHI's India program to investigate the longer-term effects of HHI's intervention on child health, nutrition and overall development, as well as impacts on the families and community after an HHI training.

HHI **worked in the US for the first time!** The Immigrant and Refugee Community Organization in Portland, OR asked HHI to lead a training for key staff.

Since 2006, more than 34,400 women (and men) have participated in HHI training, and they in turn are bettering the care and providing greater nurturing to the 122,600 children in their care!



UGANDA: HHI has been working on a USAID Child Survival Grant with Medical Teams International in the post-conflict area of Lira since 2009. 2012 was year three of the four year project and during this time a mid-term evaluation was conducted by independent evaluators. The quantitative

findings on HHI's early childhood component were reported to demonstrate "Significant increase in the % of mothers of children aged 0-23 months providing cognitive and language stimulation to their infants. This reflects diffusion far beyond the groups of parents in intervention areas who participated in ECD sessions." In 2012, HHI's lessons were given to 9,860 village mothers and fathers.

One Nurse's Story

"I'm proud to be a part of this change in my village. Now parents bring gifts of sugar and grains to thank me for saving their baby's life."

Nurse Apila, Aromo, Uganda

Nurse Apila and her fellow health workers in Uganda have been hard at work spreading HHI's messages about health and development, baby massage, baby cues and breastfeeding are given to patients visiting the health clinics. She reported that these messages can vary greatly from common traditional practices in the villages for treating childhood illness.



High fevers are often treated by extracting the child's canine teeth causing pain, infection, inability to eat and other complications. On average, Nurse Apila's clinic used to treat 12-14 of these teeth pulling cases every month, with some of the children dying because of severe complications. Since the HHI trainings, there hasn't been a single case at her clinic in over a year! Educating parents through community health workers has caused a dramatic decline in teeth pulling, Nurse Apila told us. There are also fewer cases of fever, parents recognize signs of illness faster and bring babies in for treatment sooner, making treatments more successful.

Nurse Apila said there has been great change in her village. For the first time, babies can be seen in the health clinics to address problems early. This is a new behavior, as health clinics previously were rarely used for child health, with children only arriving if they were near death. Children are walking and talking sooner, receiving medical attention rather than seeing a traditional healer, parents have new attitudes about immunizations and more children are receiving them. Mommies and daddies empowered to be the best caregiver they can be – this is what HHI is all about!

It's the hard-working, dedicated women and men, like Nurse Apila, around the world that are carrying HHI's messages into their villages, saving lives and creating healthier and happier villages!



More highlights from Uganda:

A great story from a father in Lira is that after HHI training, he began to spend more time with his youngest child and he not only grew to recognize the baby's needs, but he taught the baby basic signs to communicate even more. Their relationship has blossomed and he is so proud of how bonded his baby is with him. He did not have this relationship with his two older children, who he always turned away and sent to their mother, and who he used to punish with beatings. But, he is not looking back with sadness, rather he is now building new relationships with them as well and he proudly tells of how all of his children now run to greet him and want to spend time with him. — Way to go Papa!

A few snippets of other success stories from Uganda are these:

- Parents are saying that their younger babies are developing more quickly, talking earlier, walking sooner and are smarter than their older siblings.
- Women used to fear going to health clinics and receiving medical treatments. But since they have now built relationships with the health workers as they participated in HHI's lesson, they go willingly and are taking their children for immunizations.
- "Me and my immediate neighbors now compete in cleanliness of our homes and keeping our children clean." (parent, Amuca)



- An HHI parent in Ogur learned massage and practiced on her neighbor's son who has a disability that kept the knee pulled up to his chest and he couldn't crawl. By giving and teaching massage, the child can now crawl. Now the father of the child has learned the technique and is continuing the massage.
- One father indicated that the ECD trainings showed him that he had true value as a caregiver, something he had not seen before. This realization let him to come home at nights and not stay out drinking, at home he enjoyed the affection his child had for him.



INDIA - Hands to Hearts International's Core Programs

HHI originally began working in orphanages in Chennai, India, in 2006. Within the first year of operations, the value of HHI's innovative educational program was recognized by the world's largest early childhood development program—India's Integrated Child Development Services (ICDS). Since then, HHI has expanded by demand. HHI has trained ICDS pre-school teachers in Tamil Nadu, Kerala, Odisha and Andra Pradesh. Additionally, HHI regularly trains village mothers and grandmothers, ASHA's, foster parents, crèche workers, and a variety of other child caregivers.

In 2012, HHI's teams in Odisha and Tamil Nadu worked hard. They organized and led 163 trainings, for 2,805 caregivers, and they care for more than 18,800 children.

Additionally, HHI expanded again to collaborate with Save the Children-India and trained their staff to apply HHI's training program in Andra Pradesh, India.

Hands to Hearts International is not trying to create another large NGO, but rather to collaborate with partner organizations, governments or agencies to provide them the tools and resources to apply within their own systems to improve the early development of very poor and vulnerable children, particularly those surviving in the orphanages, refugee camps, and severely impoverished or conflict-ridden communities.





INDIA: Save the Children, India partnered with HHI to create their first program for children from birth to age three. Working in the state of Andhra Pradesh, HHI led a training of trainers for Save the Children staff, who then led HHI's early childhood trainings for more than 300 childcare workers from India's Integrated Child Development Services (ICDS), and 6,700 mothers with young children. This project allowed HHI messages to touch well over 10,000 vulnerable infants. This partnership is a perfect example of how HHI grows through partnerships with existing organizations to reach the most children at the earliest time possible.

Save the Children has been around since 1919 and works in 120 countries around the world. They work on issues related to children's rights, survival, protection, development and participation.



Prior to the start of this project, HHI's team interviewed dozens of mothers whose children attended the ICDS centers. Mothers unanimously reported that they "knew very few things" about how to care for an infant, what they did know they learned from elders, other mothers or at ICDS centers. They stated a keen interest in learning about: child development milestones and how to support development, health topics, toileting, breastfeeding, nutrition, early stimulation, how to keep children neat/clean, how to motivate early learning, and when to seek out medical care. When asked "how do children learn?" Many mothers responded that children learn by: being left in front of TV, from mother and father and from repetition.



SWAZILAND: HHI is collaborating with World Education's Bantwana Initiative. Together we are working with Swaziland's Ministry of Education to create a formal, yet accessible training for preschool teachers. To date, there has not been a training program specific to preschool teachers, nor any standardized support to the staff of the country's "National Care Points"(NCP) which originally were created to as feeding centers for the massive orphan population due to HIV/AIDS, but over the past ten years have morphed into a combination of community day care and preschool.

For this project, HHI's expertise in working with communities to create responsive, meaningful and user-friendly training for participants with low literacy was extremely valuable.

We worked closely with the Ministry, UNICEF, a number of NGOs, as well as NCP caregivers and preschool teachers. Together we choose the most relevant and useful materials and created a new teacher's workbook that fits snugly with some of the great existing materials from the Ministry. Then HHI created and led a training on the new resources and on overarching principles and practices of teaching preschool age children, much of which involves supporting children to play, explore and experiment. Our time together was action packed!

This was a new project for HHI to be involved with and it was really fun! Here are some of the quotes from our preschool teacher participants on what they thought of the experience:

- "It was perfect" "it was good, it had plenty of illustrations on teaching children. I now feel confident."
- "Now I will always make a lesson plan to make my work easy, I learned that I must be prepared."
- "It was great! I've been longing for something formal that I can use at the center. With this new material I think we will go a long way with it as teachers there will be a great change because we now have a strong tool with themes."



- "I feel confident because of the new materials, they are useful to me and I got some tips, as like a teachers you must involve your students to your lessons and be creative."

We're looking forward to returning in 2013 to take this project to the next level.



UNITED STATES: HHI led its first training in the US, in our hometown of Portland, OR. We trained 15 staff from the Immigrant and Refugee Community Organization's (IRCO) parenting department as a pilot project for what we hope will be a much larger project in 2013.

The training included a sampling of information and activities from HHI's entire curriculum. We played games, made up stories, searched for everyday items that could be used to promote development, and played charades. When asked how they would change their work with the clients they serve, answers included: "Focus more on empowering parents to be connected to their children, to build that essential attachment that will impact the life of the child and parents in a positive way." And, "Using what is available with parents both what they have physically and positive parenting traits they possess." IRCO staff were in full alignment with HHI's core values.



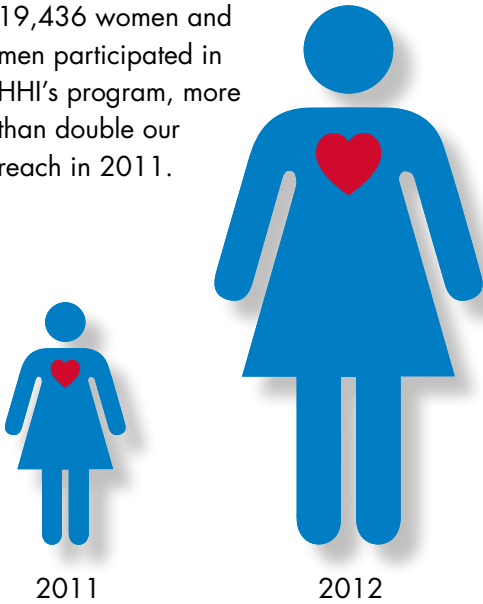
IRCO staff were from a wide variety of countries and cultures, including: Romania, Russia, Mexico, US, Somalia, Laos, Vietnam and Thailand. And while everyone, from every culture, around the globe, loves their babies – no baby ever comes with an instruction manual!

By partnering with IRCO we'll be able to further our mission to serve moms, dads and babies, by supporting the immigrant and refugee families living in Portland and the surrounding area. Each year, IRCO serves nearly 40,000 people and the potential reach of our partnership is huge.

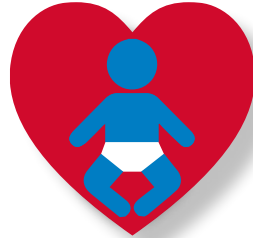


Service Outcomes from 2012

19,436 women and men participated in HHI's program, more than double our reach in 2011.

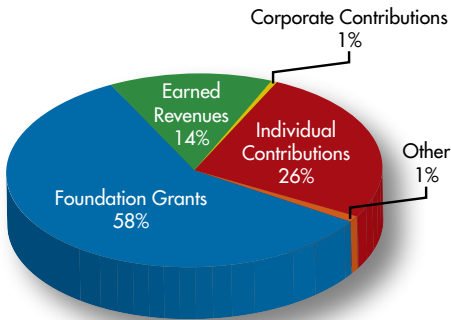


They now provide better care for 46,390 children.



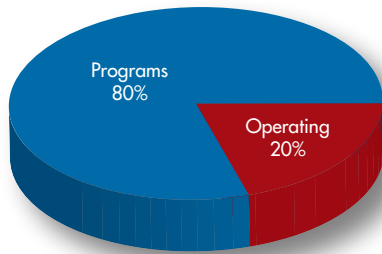
Financial Summary

REVENUES 2012



Total Income = \$149,730

EXPENSES 2012



Total Expenses = \$140,080

Cost per woman* = less than \$7.20 (2012), \$301 (2006)

Cost per child* = less than \$3 (2012), \$63 (2006)

* Including all HHI costs

Fiscal year is Oct.-Sept. Numbers served are based on the calendar year.

US Staff

Laura Peterson, Founder & Executive Director
Florence Pourtal-Stevens, Program & Grants Manager

International Staff

Sujatha Balaje, Master Trainer
Bharati Nayak, Master Trainer
Anima Sahoo, Master Trainer
Tapaswini Panda, Master Trainer
Manoj Mohapatra, Director of Viswa Yuva Kendra, HHI's partner NGO

HHI Trainers:

Kishoribala, Ritanjali, Prativa, Kamalini, Parikheda, Kabita, Geeta, Rheena Manini, and Sumitra
There are more than 320 HHI Trainers working in the post-conflict area of northern Uganda. Save the Children, India has more than 730 HHI Trainers in Andra Pradesh.

Board of Directors

David Pyle, Hayden Hamilton, Christy Hudson and Laura Peterson

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