



FIRST STEPS

MATERNAL
AND CHILD
HEALTH



THE LORD MAKES FIRM
THE STEPS OF THE ONE
WHO DELIGHTS IN HIM

PSALM 37:23



World
Renew

LIVING JUSTICE • LOVING MERCY • SERVING CHRIST

FREE A
FAMILY



The human life is full of milestones to celebrate—from a child's precious first steps to their entrance into adolescence, and from achievements in school to success at work. For families in places of poverty, however, nutritious food, education, and proper health care are hard to come by. Without these gifts, it is difficult to thrive.

In some of the world's poorest places, a child's first milestones provide a critical clue to how he will fare for the rest of his life. Children are at risk of stunted growth, disease, and even death due to poor nutrition in the first 1,000 days of their life. Lack of proper nutrition in these early days of development can lead to life-long health problems.

World Renew's Free A Family® program is equipping families to challenge this reality. Through community programs in agriculture, health, nutrition, and literacy, parents are able to take their first steps out of poverty and improve health for their children.

Consider six year-old Mohona Hanif for example. Mohona lives in a slum neighborhood of Dhaka Bangladesh with her parents and older sister (pictured on front). This is a family that works hard and has dreams

for the future. Their tiny, two-room house is often full of laughter. They share a latrine with several other families in the slum and only have one drinking water tap for the whole neighborhood, which means they have to line up for a long time for water.

Fortunately, Mohona's story doesn't end there. Through World Renew, Mohona's parents joined a community group. They began to save a little of their money each week and eventually were able to take a small loan to invest in a tailoring business. Through their community group, they also learned about child health and nutrition.

Today, the Hanif family has paid back their loan and is earning enough money for both girls to go to school. Together with their neighbors, they have also advocated to get another tap in their part of the neighborhood. Now they only share water with five families instead of hundreds.

Mohona and Mim are on a path for a bright future.

Will you join World Renew in blessing more mothers and young children through the Free A Family® program? For as little as \$22 a month, you can help stop families from going hungry or thirsty and equip them to improve their lives in lasting ways.

Find out more at freeafamily.org. To watch a video about Mohona Hanif and her family in Bangladesh, go to worldrenew.net/haniffamily-video

Use this form to sign up for Free a Family® or to identify yourself as a Free a Family supporter to help your church track how many families your congregation is helping. You can also use it to request more information. Please select the option that best applies to you!

Note: If you are mailing this form to World Renew, office addresses are on the back of this form.

- ☐ **YES, SIGN ME UP NOW** to help families like Mohona's make changes that help them overcome poverty through a recurring monthly Free A Family® gift of: ☐ \$22/month ☐ other \$ _____

To be used in the region(s) (select from these options):

- ☐ Asia (505232) ☐ West Africa (505231)
☐ Eastern Africa (505659) ☐ Latin America (505236)
☐ Southern Africa (505660)

Please charge this to my:

- ☐ VISA ☐ MasterCard ☐ AMEX (Canada only) ☐ Discover (US only)

Credit Card Number: _____ Exp. Date: _____

Signature: _____ Phone: _____

- ☐ Please automatically deduct it from my bank account.
A voided check is enclosed.

Signature: _____

Note: Your recurring monthly donation can be changed or stopped at any time by calling 1-800-730-3490 (Canada) or 1-800-552-7972 (US).

Your recurring gift entitles you to quarterly updates about a family and community that World Renew is working with. Please let us know how you'd like to hear from us

- ☐ I would like the updates sent to my home

Name: _____

Address: _____

City: _____

State/Province: _____

ZIP/Postal Code: _____

- ☐ I would prefer that the updates be e-mailed to me.

My e-mail address is: _____

- ☐ I would prefer not to receive quarterly updates

- ☐ ***I just signed myself up online or by phone to give a recurring monthly gift to Free A Family®.***

- ☐ ***I already give monthly to the Free A Family® program.***

- ☐ ***I am interested in more information and/or payment options for Free a Family, and would like World Renew to contact me for more information at:***

Phone: _____ and/or Email _____



Is your church using the footprint stickers and poster from World Renew to track how many families your congregation is supporting through **Free A Family**®?



If your church is using this poster, *don't forget to hand in this sign up form to your church leader* to indicate to that you are giving monthly to **Free A Family**®. Your leader can then add the footprint sticker(s) to the poster before sending the sign up form to World Renew.

(Note: One sticker represents one Free A Family® family).



Or, if you are mailing your Free A Family® sign up form directly to World Renew, simply let your church leader know that you have signed up for **Free A Family**®, so they can add your footprint sticker(s) to the poster in your church.

Thank you for joining World Renew in changing lives through the Free A Family® program!



**World
Renew**
LIVING JUSTICE • LOVING MERCY • SERVING CHRIST

**FREE A
FAMILY**

freeafamily.org

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