

# IMPLO



Staying Strong for  
Our Children  
A Call to Action

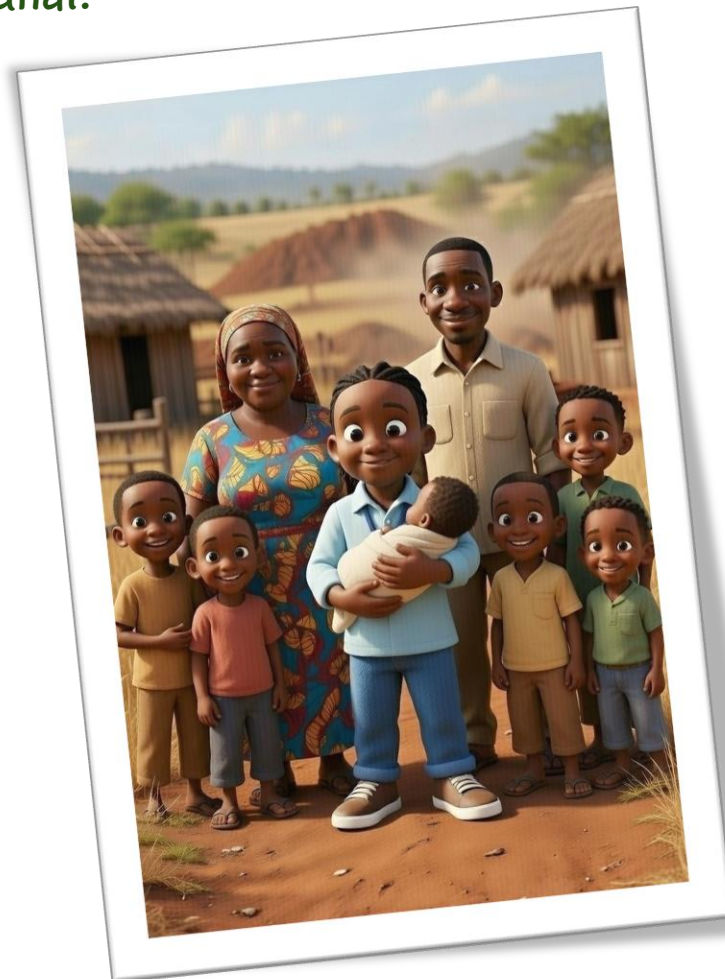
# A Call to Action

## Thandi's Journey Ends – But Yours Continues

Thandi, our dedicated caregiver from the Limpopo mining community, has walked a full path with us. She started by noticing her stresses – the long roads, emotional cases with abandoned babies, and isolation. She learned the four simple uKukhula Coaching tools: mindful box breathing to calm the storm, reframing thoughts with CBT to turn heavy worries into steps forward, positive anchoring with NLP to call back strength, and daily self-care actions to keep her fire burning steady.

Now, months later, Thandi stands taller. She handles high-risk visits with a clear mind, supports struggling families without draining herself, and even teaches the tools to young parents and grandparents. The children she helps – orphaned, abandoned, or vulnerable little ones from birth to five – grow stronger because Thandi stays strong. Families smile more, babies laugh in safe homes, and the community feels that ubuntu warmth again.

**You, too, can be like Thandi.**



# Quick Recap: Why These Tools Matter

These uKukhula tools help you manage stress so you can better protect and nurture vulnerable children.

- Mindfulness breathing keeps you calm during isolation.
- CBT reframing turns "I can't" into "I can take one step."
- NLP anchoring brings back your proud moments when loneliness hits.
- Daily self-care builds lasting strength.

Research backs this: UNICEF and WHO support mindfulness for caregiver well-being; studies show CBT reduces burnout in child protection workers; NLP helps quick confidence boosts; and simple self-care prevents exhaustion in high-pressure roles.

When you stay calm and strong, you give children the nurturing care they need – love, safety, play, health, and family connections – just like rain and sun help a young tree grow deep roots.

## Your Call to Action: Practise and Share

Don't stop here, sister or brother in this vital work.

**Practise daily:** Use at least one tool every day. Start small – a minute of breathing in the morning, an anchor touch during a tough moment. Like tending a garden, regular care brings big growth.

**Share as trainers:** You are train-the-trainers! Teach these tools in your visits, community meetings, or with mining staff and NGOs. Show a teen mother how to breathe when her baby cries. Help a single father reframe his worries. When parents and communities use them, children get calmer, more responsive care – building safer, happier homes.

*Together, we reduce stress across our mining communities and protect more little ones.*

# Resources to Support You



# Quick Recap: Why These Tools Matter

**Impilo Child Services:** Visit <https://impilo.org.za/> for child protection help, family reunification support, and more programmes.

**uKukhula Coaching Tips:** Go to <https://drilldownreports.com/> for extra guides, videos, and tools based on mindfulness, CBT, and NLP.

**Local Support:** Reach out to your nearest clinic, social worker, community centre, or mining company wellness team. In South Africa, call Childline on 116 (free) for urgent child concerns, or the Department of Social Development for family help.

You make a real difference every day - in the lives of vulnerable children, struggling families, and our whole community.

The work is hard, but you are stronger than you know. Stay strong, keep growing, and remember: uKukhula - we grow together.





Thank you for completing this module.

Walk forward with calm and courage. The children need you – and now you have the tools to shine

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