

(ALMA) aLife Mothers' Assistance



aLife aims to help alleviate multiple stresses faced by new mothers from low income families. Through regular home visits by befrienders, aLife assesses the well-being of the mother, baby and the family to be safe and stable.

aLife works closely with referral social workers to provide holistic support for the family. More importantly, ALMA hopes to help the families to take steps towards stability, self-reliance and social mobility.^

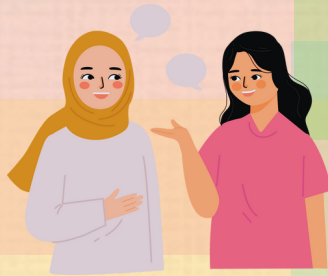
^Refer to ALMA Client Guidelines for more information.

Eligibility:

- Child is between 0-2 years old.
- Per Capita Income (PCI) of family is \$650 and below.
- Family is NOT receiving milk & diapers assistance from other organizations.

Client should be agreeable to:

- Child to be present in every visit for sighting of well-being and development.
- 15-20 minutes of befriending with volunteers during visits.
- Open communication between befrienders, aLife Caseworker and other SSA when necessary.



What will be provided:

- 1.6kg-1.8kg of milk & 2 packs of diapers monthly as a supplementary support.
- Ad-hoc baby products, donated items & opportunities for family bonding activities when applicable.

Milk supplied:

- Lactogen
- Dumex Dulac/Dugro
- Karihome
- Abbott Grow
- Alternative brands*

Diapers supplied:

- Drypers (Tape/Pants)
- Huggies (Tape/Pants)
- Mamypoko (Pants)
- Huggies Naturemade*

*Supporting medical letter to be provided (approval on case-by-case basis)

