

Foundation for Mother and Child Health Indonesia

(Yayasan Balita Sehat Indonesia)

Supporting through education and promotion for better health
and wellbeing of mother, children and women

About Us

Foundation for Mother and Child Health Indonesia or locally known as Yayasan Balita Sehat Indonesia was established since 2001, and currently has been existence for 25 years. We work to improve the health and wellbeing of mothers and children in Indonesia.

Our mission at FMCH is to create awareness world where every mother is able to receive the knowledge and support she needs for her children to reach their full potential.

Working towards better tomorrow, we adopt a holistic approach, by embracing, educating, and empowering adults, young people and children.



Growth of Our Organization

HERProject (Women Worker Capacity Building)

33 factories
Reaching approximately 69.000 women worker

Our Areas
18 villages

Peer Education for Women Workers' Mental Health in Factories (2026)

80 workers trained in 2 factories and reaching indirectly beneficiaries 2.958 workers approx.

Womenpreneur and Health Education

In total 8.563 Mothers

Community Climate Action

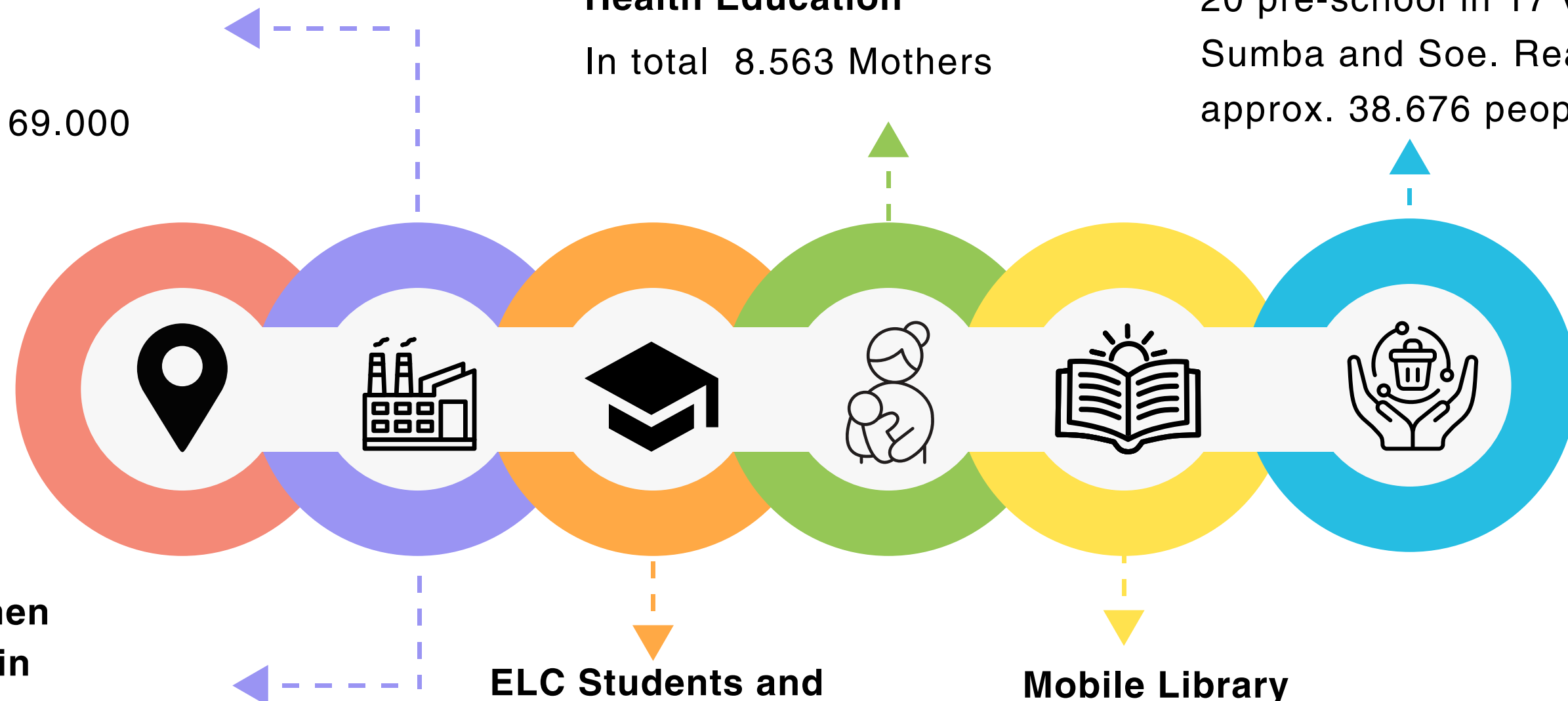
20 pre-school in 17 villages in Sumba and Soe. Reaching approx. 38.676 people

ELC Students and Teachers

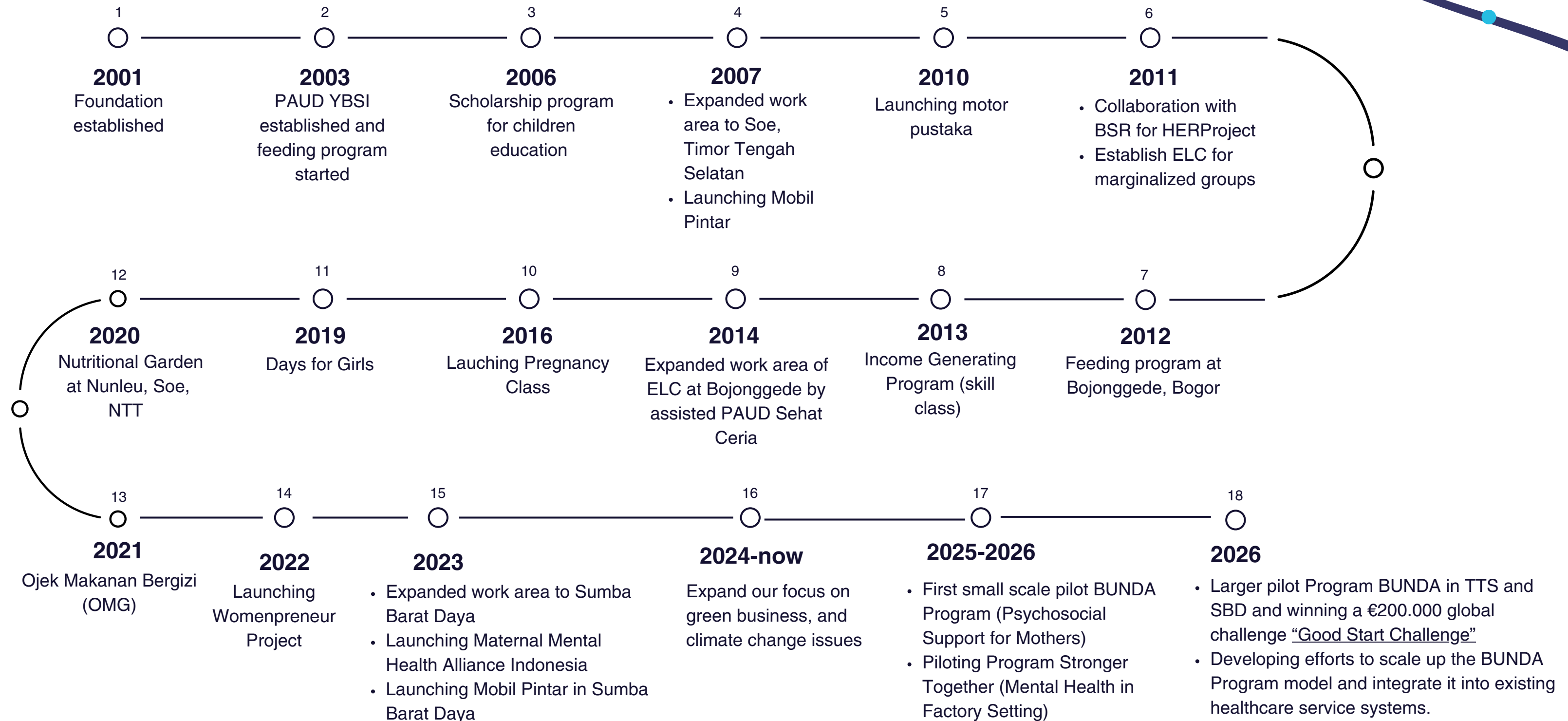
20 pre-school
6.582 students in total 2026
47 teachers

Mobile Library

In total 29.747 Children



Key Milestones



Our Reach

in 2026



21 in **18**
preschools villages*



1 village
in Bogor Regency
West Java
Bojonggede

8 villages
in Southwest
Sumba

Kabali Dana, Wee Londa, Watu Kawula, Pogo Tena, Wee Wella, Wee Rame, Lagaleta, Ndenduka

9 Villages
in South
Central Timor

Oebesa Soe, Eno Neten, Mio, Anin, Kokoi, Fenun, Nunleu, Oebobo, Nenoat.



Impactful Project



Health Projects



Feeding Program

Flagship program that involves parents and aims to improve the nutritional status of children under FMCH Indonesia's care. Supporting activities in the form of doctor visits, health education for parents and deworming for kids.

HERProject

Empowerment program for women factory workers by providing training on the topic of occupational health and safety, especially reproductive health.



Pregnancy Class

The pregnancy class designed by FMCH Indonesia is a combination of health education (topics include pregnancy and labour, breastfeeding, etc), antenatal checks, exercises for pregnant mothers and cooking classes.

Days for Girls

A project that aims to provide awareness and knowledge to women about the importance of recognizing the needs of the female body.



Medical and Dental Health Screening for Children

Promoting healthcare and early detection of growth, nutrition, and dental health for more than 700 children across 21 PAUD in 18 villages, while also strengthening parenting practices to support better child health.

Education Projects



Early Learning Center

FMCH Indonesia believes that pre-school education can give underprivileged children a head-start. The curriculum of the year academic has integrated between health education and the national curriculum suggested by the government.



Mobile Library

The Smart Car and Motor Pustaka regularly visit locations where many children gathered, including primary schools and public areas at Soe and Sumba Barat Daya. The mobile library provides a unique opportunity to read outdoors, allowing the kids to learn beyond the conventional indoor library.



Scholarship Program

Education fund assistance program for FMCH foster children to continue their education to the higher level after graduating from PAUD under the guidance of FMCH Indonesia.

Livelihood Projects



Nutrition Garden

Fmch's family empowerment program by managing land into a nutrition garden as an effort to increase income and family nutrition fulfillment.



Ojek Makanan Sehat (OMG)

A small social enterprise that serves baby porridge and healthy snacks for toddlers by involving Bojonggede Village Posyandu cadres.



Womenpreneur

Women empowerment program supporting PAUD sustainability and family income through local food and accessory production.

Climate Change Action



Women-led Green Action

Focusing on waste management at the household, early learning center, and community levels. It is also integrating waste management into our social enterprise model, partnering with local experts in upcycling non-organic waste and turning organic waste into valuable products led by 20 pre-schools and womenpreneur groups in 17 villages.



Plastic Waste Workshop

This initiative enables FMCH Indonesia to establish a community workshop in Sumba to transform plastic waste into useful items—such as tables, chairs, boards, tote bags, and more that can be reused by the preschools.

Mental Health



Maternal Mental Health Alliance Indonesia

Awareness raising and assistance program for antenatal and postnatal women on their mental health during pregnancy and postpartum.



“Stronger Together” (Peer Education for Women Workers’ Mental Health in Factories)

Promoting mental health awareness and emotional support among women factory workers through a peer education model, enhancing workplace well-being and resilience.



BUNDA Program

Maternal mental health support for pregnant and lactating mothers through CBT models and five dimensions of approach.

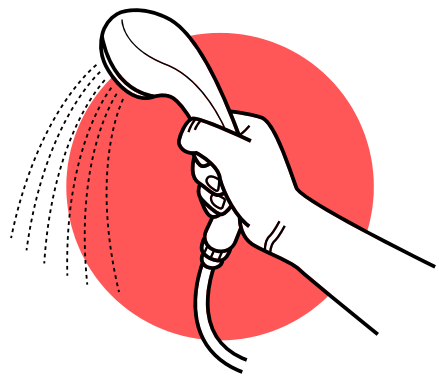


Key achievement and success stories

Key Achievement

Behavioral Change

● PT Royal Korindah BC (HERProject)



- Women who take a bath (wash their hair) during menstrual cycle **increased** because there was a myth that women who were in period shouldn't wash their hair.



- Their **breakfast practice also improved** because they know about the importance of having breakfast.

● PT. Dodo BC (HERProject)



- The percentage of **access to fridge or place to store breastmilk increase 14%**.



- There was a **10% increase** among female workers who report a **need for both antenatal and postnatal check-ups**.



- Furthermore, there was **6% increase** among female workers that **will seek postnatal care for their next children**.

Key Achievement

Good Practice

● PT IGP Internasional (HERProject)

- Provision of **lactation room** facility
- Provision of **nutrition supplement** for night shift worker



● PT Unggaran Sari Garment (HERProject)



Conducting **pregnancy class** (collaboration of factory management and FMCH Indonesia)

● PT AMB2 Boyolali and PT Citra Abadi Sejati Bogor (STRONGER TOGETHER)

80 peer educator has been trained to psychological first aid (P3LP)

● BUNDA Program

60+ midwives and Posyandu cadres has been trained and more than 400 mothers in NTT has been psycho-social supported through Posyandu sessions and home visits.

Key Achivement

Continuing and evolve program:



**Womenpreneur Souvenir Shop in
Soe, NTT**



Jl. Gajah Mada, RT 012/RW 006 Kelurahan Karang Sirih
Kecamatan Kota SoE, Timor Tengah Selatan

ELC assistance program expanded from 1 PAUD in Jakarta at **2001** to 21 PAUD in Bogor, Sumba Barat Daya, and Soe

Story from them



I always wait for Pak Woto with his Smart Car that brought a lot of books. I love read the Fairy Tale books or comics. I can read since I was 5 years of age, so I like read a lot of books.

S (6 year-old), a preschool student in Jakarta



Making woven crafts requires precision, patience, and time to ensure good quality. However, when I successfully sell them, the results are rewarding, and I use the profits to support my household needs and cover expenses for PAUD.

Mama A, leader of Womenpreneur production team in South Central Timor



From HER project I have a new habit of drinking warm water every day and no longer drink cold water so that I avoid ISPA. PE from herproject shared a lot of knowledge with me about health, especially diseases that are usually experienced by women.

R, women worker at garment factory

Story from them



“All this time, we didn’t know about activities (waste management) like this. We could only burn the plastic after collecting it. The trash was scattered on the streets, in the water, even at home. It easily brought disease. I believe this activity brings great benefits to the village. We can make flower pots, bags, even recycled paper for betel nut containers. The little children are also involved,”

Mama S, from village in South Central Timor on Waste Management Training, 2025



I applied the breathing relaxation techniques I learned to manage a panic attack independently,” — **NH, a garment factory worker on Stronger Together program, 2026**



At first, I was afraid of making mistakes, but it turned out that the mothers were happy to be supported because they had never experienced anything like this before (counseling). It made me more confident to keep learning,” — **KN, Posyandu Cadre in Desa Tupan, South Central Timor, 2026**

Specialise, expertise & focus areas



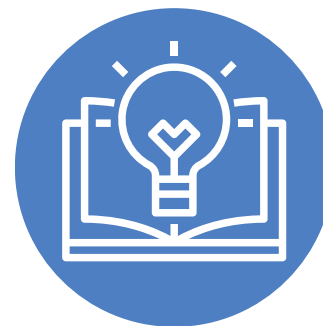
Community Development

Building families in FMCH Indonesia in terms of Health, Education, and income enhancement



Women Empowerment

Financial literacy, gender equality, teacher and parent income generating,



Agent of Change for Young Learner

Using a holistic integrative approach, curriculum integration of climate change for younger children



Child Health Catalyst

Anthropometry, health check up, nutrition fulfillment, and nutrition counseling for parents



Mental Health

Maternal mental health, female worker mental health



Collaborative success



Support **ELC & Womenpreneur** Program



Support **Days for Girls & Scholarships** Program



Support **ELC** Program, Food Drive



Collaboration in **Feeding** Program



Collaboration with Puskesmas Cilandak, Bojonggede & Ngesrep for **Pregnancy Class**, and also **parenting class in PAUD Sehat Ceria Bojonggede**



Supporting **Nutrition Garden** Program



Support **Feeding** Program at NTT



WILLIAMS-SONOMA, INC.
GLOBAL OPERATIONS
INDONESIA

Supporting **Capacity building for teacher** and **ELC** Program



Supporting **Women Labor Training** Program



Supporting **Scholarships** Program



Supporting **medical and dental screening** for children



Supporting **Stronger Together** Program



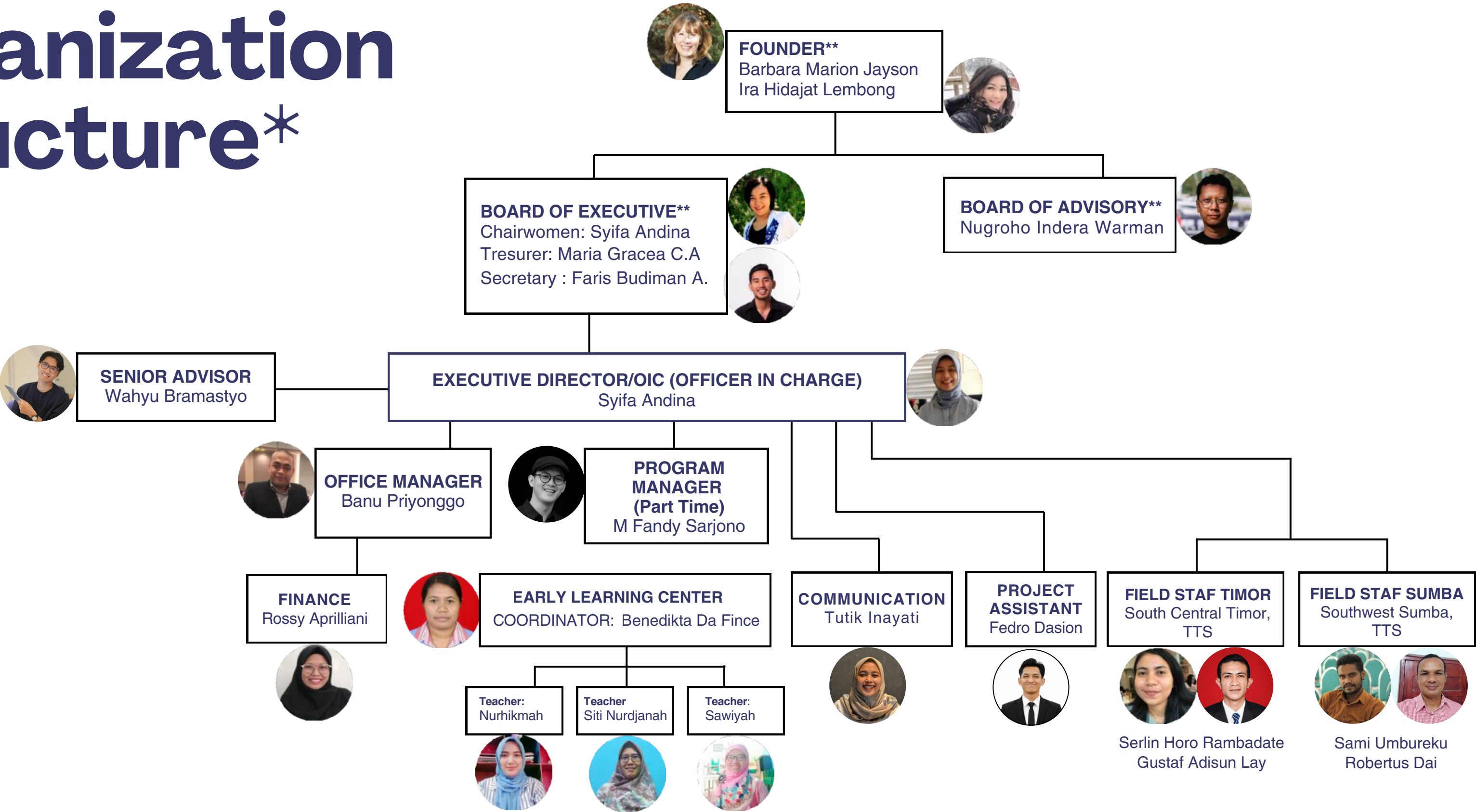
Collaboration with Puskesmas in Sumba and Soe for **BUNDA** Program



The winner of The Good Start Challenge by Challenge Works, supporting Program **BUNDA** 2026-2027

Organization Structure*

*per 2026
**not paid/volunteer



Financial accountability and practices



Safeguard Donor Funding Annual external audit every year

Secure Financial Transaction Record accounting using verified application (Zahir Online)

Reporting Transparant and accountable donor reporting



Unique Strenght



World
Maternal
Mental
Health
Day

01

Validated organization from Charities Aid Foundation (CAF International)

FMCH Indonesia assures transparency and global credibility, making it eligible to receive funding from international donors

02

Focus on rural areas

One of our work area NTT as areas with low economic levels and included in the 3T areas

03

Work directly to vulnerable group

Factory women worker facing challenges in health and poverty

04

Part of Global Maternal Mental Health Alliance

05

Affiliate with Barbara Jayson as founder of FMCH UK & FMCH India



Partnership Opportunity

- 01** **Maternal Mental Health Project**
Early Screening & Early Detection, Policy Recommendation, Midwives Training, Module Development, Father Class, Maternal Mental Health, PFA Training
- 02** **Women Worker Capacity Building through Peer Educator**
- 03** **Early Childhood Education and Development**
Early Learning Center, Teacher Competency Upgrade and Monitoring Nutritional Status
- 04** **Digital Literacy for 5.0 Community**
- 05** **Rural Mobile Library**
- 06** **Sustainability and Green Movement for Climate Change Action**

Lets collaborate!

We are happy to implement your social and sustainability programs.
For questions and special requests, please contact us below.

FOUNDATION FOR MOTHER AND CHILD HEALTH INDONESIA

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