PREVIEW

THE FIRST FIVE

What tiny lives taught me about hope, love, and going where nobody goes



SARAH BOWLING



My desire is to bring as many little Chan Nu's into NightCare where they can find a clean, warm, and safe place to grow.



A Toddler on a Stoop—Cambodia



Welcome to Cambodia, one of my favorite countries in the world!

I began coming to Cambodia in the early 2000s and fell in love with the people and culture almost immediately. I met Pishai, a super fun church worker, along with many young adults who had heaps of energy and enjoyed chatting, practicing their English, and talking about their country. When I began asking questions about their parents and siblings, I quickly came to see the ripples of the tremendous suffering and trauma this country has experienced through the Khmer Rouge.

As a quick background, Cambodia experienced a genocide from 1975–1979 under the leadership of Pol Pot and his Khmer Rouge government. During this time, approximately twenty-five percent of the population in Cambodia was killed, which means that the majority of today's population is under fifty years old.

When the Khmer Rouge was in power, they systematically killed anyone who was educated or linked to Western countries . . .

04 // NightCare
preview ends here



I want to stop the generational trap that keeps babies and toddlers born in brothels from never leaving them.





The World's Largest Brothel—Bangladesh

The second place we opened NightCare was Bangladesh, a South Asian country located east of India, west of Myanmar, and south of Nepal.

Although Sultan was Bengali, he marched to the beat of his own drum, wearing hip clothing and enjoying beer despite living in a Muslim country (observant Muslims generally don't drink alcohol). I also met Swaramnika, a delightful Hindu woman who had playful eyes and was keenly interested in helping us launch NightCare in Bangladesh.

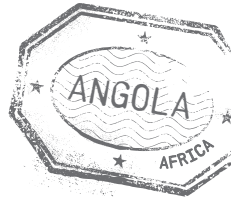
These wonderful hosts, along with others, patiently answered my many questions and gracefully introduced us to their amazing country, which can be an extremely challenging country for a variety of reasons. It is predominantly a Muslim country, and one of the poorest countries in the world.

It is also the eighth largest country by population in the world. Its capital city, Dhaka, has about 24 million people, including the surrounding suburbs. Traffic jams in America...

05 // NightCare
preview ends here



If severe acute malnutrition isn't treated, other health conditions will not respond to treatment.



Severe and Acute Malnourishment—Angola

In the beginning days of ***Saving Moses***, what I lacked in intelligence I made up for with passion and determination.

I jumped into the humanitarian world and had zero education on customary vocabulary, general practices, industry trends, or established organizations. I figured that I'd do something good, learn, grow, and continually get better. I immediately learned that in the international humanitarian world, a nonprofit is usually called an NGO (non-governmental organization). I've continued to learn more than I ever imagined I would, which is fantastic, mostly.

Over the course of almost two decades, I've learned a lot about the NGO world. Some of my lessons are heartbreaking. For example, I came to understand that some really shady characters hide under NGO umbrellas, pretending that they are helping people when in reality they are just getting money . . .

17 // Malnutrition
preview ends here

Saving Moses exists because the first five years of a child's life are the most consequential—and the most vulnerable.

A doctor who doesn't say hello. A toddler chained to a bedrail. A newborn born in a forest in the middle of a genocide . . .

These are the images that launched *Saving Moses*—and the images that Sarah Bowling has spent years doing something about.

In *The First Five*, Sarah takes you inside the brothels of Cambodia, Bangladesh, and India; the malnutrition clinics of Angola and the DRC; and the conflict zones where mothers give birth without a midwife, a hospital, or even a clean surface. She introduces you to the babies and toddlers nobody else is looking after—and the nannies, community leaders, and fearless local partners who show up for them every night.

This is the story of three programs—NightCare, Malnutrition support, and BirthAid—built from scratch and a fierce determination to do something for the most vulnerable. It is also the story of five core values (*Compassion, Collaboration, Innovation, Adventure, and Resourcefulness*) that kept the work honest when the work got hard.

This book is an invitation to understand why and to decide what you will do about it. This is the work of saving babies where the need is most urgent and the care is least available.

SAVING MOSES®
saving babies every day

ISBN 978-1-963492-97-2
9 781963 492972