



HOW TO.... be a living example

Connect with families in your own context and space and live out what we are asking churches to do.

connect with families

As a church leader or congregant who is leading the First Thousand Days (FTD) ministry, you have a part to play in spreading the big idea around the particular needs and opportunities within the FTD. One of your roles is to mobilise others into action. Even as you do this, your own attitude and behaviour will be part of the message you are sharing. Through your own actions, you will make visible the ways in which congregants can connect with, serve and care for families in the FTD. When people hear about this season, they may have preconceived ideas, beliefs that it is too difficult, or think that somebody else is better suited to do it than they are. As a leader you get to model what it looks like, stirring interest in others, and a sense that they can do it.

Being an active role model, or example, of loving connections gives you credibility to call others to action. This allows you to challenge unhelpful attitudes in others, to encourage others to care for families and demonstrates your passion. We encourage you that as you plan and start implementing your ideas, that you don't only think about how others can do it. Consider how you can be modeling this for others.

It doesn't mean that you have to personally be part of every single service opportunity. It rather means that when you are a living example of connecting and caring for families, your team members, the church leadership and the congregation as a whole will listen with more intent when you are talking about this and inviting others in.

ideas and resources

Having grown your awareness, conviction and knowledge in this area, are you seeing pregnant moms, new moms, families, single moms etc and reaching out to them? Here are some articles with practical tips on how to do that.

Connecting and caring for families who are expecting new life:

Blog: [new life.](#)

Resource: [How to care for families during pregnancy](#)

Connecting and caring for families with newborns - 3 months.

Blog: [0-3months](#)

Resource: [How to care for families during birth – 3 months](#)

Connecting and caring for families with 3 – 12 months old:

Blog: [3-12 month olds.](#)

Resource: [How to care for families in the first year of life](#)

Connecting and caring for families with children 1 -2 years old:

Blog: [1-2 years old](#)

Resource: [How to care for families in the second year of life](#)

How to create [modern-day villages](#) around mothers.

things to bring a new mom



a hug



a salad



a meal



juice



rock the
baby while
mom sleeps



comfortable easy
to put on clothes



do the dishes
for mom



large water bottle
or reusable straw



nappies or wet
wipes



a written
prayer



a plant or
pretty flowers



helpful reading
resources



coffee



milk and
tea bags



healthy
snacks



chocolate
or a treat