



WHAT DOES SIKUNYE OFFER YOU AS A CHAMPION?

Discover how we can serve you in your plans to give all children a strong start to life.

ONLINE AND DIGITAL CONTENT

Sikunye's website offers a range of digital support, resources, tools, inspirational stories and opportunities to network with churches across South Africa growing as First Thousand Days (FTD)-friendly churches to support all families in the FTD of life. To keep inspired, keep accessing our [Get Inspired](#) page. Watch our social media feeds to be updated when new resources are being released.

FACE-TO-FACE TRAINING AND EVENTS

In addition, Sikunye offers a range of face to face trainings to equip church volunteers with the tools to support families, parents and caregivers; whilst hosting Sikunye Champions gathering to learn from and connect with other churches to better support and create loving connections with families. Please check the website for dates.

CHURCH AND EARLY LIFE EVENTS



Sikunye is passionate about equipping and empowering local churches to support mothers, fathers, and caregivers and enable children to thrive in their first thousand days of life. In order to do this, Sikunye is hosting *The Church and Early Life* events across the greater

Cape Town area, where we will interactively present how local churches can practically and effectively support, encourage and increase the capacity of parents and caregivers so that they can provide the responsive nurturing care their young children require to thrive and flourish. This event runs for 2 hours and is for all church leaders, pastors, elders, ministry leaders, Christ-followers in local churches who seek to better understand the role of the local church in supporting the first thousand days of a child's life. Sikunye will host two such events in an area to give an opportunity for someone to come to one event and invite others to the next one, which allows for many members of a church to hear the Big Idea, whilst allowing the pastor/leader and champion to both understand the unique role their church plays and agree to taking the journey with Sikunye to become a First Thousand Days-friendly church. Follow Sikunye on Facebook and check out our website (Sikunye.org.za) to see upcoming dates and events.

CHAMPIONS' PLANNING WORKSHOP



Once church leadership has declared their commitment to act and become a FTD-friendly church, the next step is to identify a small team (ideally of 3 – 5 people) who can be mobilised to assist their church to respond to children in the FTD of life. Sikunye invites these FTD teams to attend a half day *Champions Planning Workshop*, alongside other local churches of all denominations to look at how each church can use its strengths and assets to best support FTD within its own context. It will be a time to share ideas and come up with new and interesting ways to excite your church about becoming FTD-friendly; whilst helping each church to build a church action plan that will help leaders, champions and congregants to support families. This event is usually held on a Saturday morning. For more information please visit Champions Planning Workshop. For upcoming dates please visit (Sikunye.org.za)

CHAMPIONS' GATHERINGS



Biannually Sikunye will host Champions Gatherings as an opportunity to connect, network, learn from one another and hear what the latest updates are, whilst growing in the network of churches around South Africa. Champions find this event a great time to speak through successes and challenges that they have faced during the year, whilst looking at other options for implementation learned from other churches. Please do remember to like our [Facebook page](#) and sign up to our [Facebook Sikunye Champ's group](#) to receive notifications of when these events will happen. Also see ([Sikunye.org.za/upcoming dates](http://Sikunye.org.za/upcoming-dates)) for dates in your area.

HOME-VISITING TRAINING



All families need support to provide responsive, nurturing care to their children during the FTD of life; and this can be done through a network that encourages, cares and provides practical support. Home-visiting is designed to do exactly that: to equip churches to practically support expecting/new moms, dads and caregivers through the FTD season of their child's life. The Home-visiting materials and training have been carefully

developed based on best practice home-visiting models, to prepare church volunteers with the skills to have authentic, trusting relationships with families. Training is for any congregant who wishes to walk a journey of support to be “the village” to the family in the FTD of life. Training takes place over two Saturdays (full days). For more information please visit [Home-visiting](#). If you are interested in attending the training sign up via our [google form](#) and check out ([Sikunye.org.za](#)) for upcoming training dates.

FLOURISH ANTENATAL AND POSTNATAL TRAINING



A strong start begins in the womb. Yet, all too often, parents do not receive adequate support and information when pregnant or whilst their baby is very young, needed to give their children the best start in life. Sikunye, in partnership with [Flourish](#), a national campaign, offers antenatal and postnatal training to equip churches to run antenatal and postnatal classes for expecting and new moms and their babies. Potential Flourish hosts must submit a CV and one-minute video explaining why they want to be a host; followed by a written test, a face to face interview, and a psychosocial interview with a counsellor over the phone. All successful candidates will then attend an intensive boot camp training for one week, learning how to take moms on a journey of compassion, belonging and acceptance for 10 weeks (one a week) where moms learn about self-care, forging their child's future, bonding with their baby, and how to love, play and talk to their baby in a developmentally-supportive way. For more information please visit [Antenatal and Postnatal](#). If you are interested in becoming a Flourish host please sign up via our [google form](#) and check out ([Sikunye.org.za](#)) for upcoming training dates.

BOOK-SHARING TRAINING



Book-sharing is a wonderfully simple and effective way to improve children's language, attention span and brain development – laying the foundations necessary for school readiness. It also improves children's social skills, helping them to better understand, empathize with and get along with people. Sikunye, in partnership with [The Mikhulu Trust](#), offers a 5-day training to churches wishing to run supportive book-sharing training with parents and caregivers. Book-sharing, which is endorsed by the World Health Organization, is an 8-week parenting course (once a week) designed to stimulate a rich interaction between an adult and a child over a wordless picture-book. For more information please visit [Book-sharing](#). If you are interested in training as a book-sharing facilitator please sign up via our [google form](#) and check out ([Sikunye.org.za](#)) for upcoming training dates.

Conclusion

We hope that as your FTD-team grows, you will be equipped and supported through the trainings and resources developed to go on and identify and support families in the FTD of life. Please do share with Sikunye and the Champions groups stories of hope and ideas of how we can better serve and equip you and your team to create loving connections with families.

connect · care · thrive

21 Nelson Road, Observatory, Cape Town, 7925

info@sikunye.org.za | +27 (0)21 201 1493 | www.sikunye.org.za

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