



# HOW TO...

## collaborate and refer

*becoming an FTD-Friendly Church*

Sikunye seeks to equip and support churches to care for families in the First Thousand Days (FTD). This reflection is part of a range of Lunchtime Conversations hosted by Sikunye, aimed at equipping churches to become FTD-Friendly churches.

Listen to audio recording [here](#)

Watch the video recording [here](#)

### **Ecclesiastes 4:9-10**

*“Two are better than one, because they have a good return for their labor. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.”*

Every church has strengths and assets that can be used to support and strengthen families in their community. Families in the First Thousand Days (FTD) require additional care and support in that stage – but the church does not have to do it all.

FTD-friendly churches work together with other stakeholders to see that families get the kind of care and support they need. These churches collaborate with these service providers and refer families to ensure families receive holistic care. What is on offer in your community? How can you partner with others to see the very best care for families?

### **key take aways from the conversation**

- **Collaborating:** Taking hands, work together, networking. It strengthens the support you can give young families. You can work together to reach a common goal.
- **Referring:** Sending mom or dad to a person / organisation that specialises in a specific area or knows the answer to the issue or concern; for more targeted, additional support.
- **Collaborating inside your church:** get to know who is in your congregation. What gifts, talents, and professionals or experts are in your church that can help serve families.
- **Collaborating outside your church:** get to know who is in your community and find other organisations or service providers and other churches that you can collaborate and refer families to like the clinic, library, home affairs, police, ECD centres, local high school, and other NGO's. Build strong relationships with these organisations and churches to work well together. It is important that you trust them and know they can help well. Find out how you can help each other to better care for families. What strengths does your church have to offer this organisation or local service?

The goal is to create an environment where families are thriving and in which parents can provide all the nurturing care (building blocks) their children need. This requires all the sectors of society to provide what they do well.

**OUR CHALLENGE TO YOU** – Who else is in your area that is caring for families in FTD? Over the next two weeks go and find one other organisation, group, service, or Flourish host, that provides support to families – phone them, or set up a meeting – to see how together you can support and care for families in FTD in your area, and be the link in the chain for families in YOUR community.

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*“If you want to go fast, go alone. If you want to go far, go together.”*  
**African Proverb**

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## useful links to help you collaborate and refer

- [Listening to parents and families in the FTD stage of life](#) – use this tool to help you find out what is happening in the life of families in your church and what services they use or where they need extra support.
- [Know your community](#) – use this community mapping tool to get to learn more about what services and organisation are available around your church and potentially who you can refer parents to for more targeted care and support.
- There are various skills and talents in your congregation that can be helpful when caring for families. This tool can assist to think through who you can ask to join your FTD team: [How to Grow your team](#)
- [Tips for asking people to serve in the FTD Team](#)
- It is important to refer moms, dads, and caregivers to professional services when the need arises. Here is a list of [Useful Contacts](#) for organisation working with families and FTD.
- For more resources to help your FTD team see our [Guide for FTD teams](#)

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**Great things happen when we work together, let's join hands and walk together...be a link in the chain... collaboratively problem solve when there are gaps.**

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