



# HOW TO CARE FOR FAMILIES DURING PREGNANCY

## LUNCHTIME CONVERSATION REFLECTION

Sikunye seeks to equip and support churches to care for families in the First Thousand Days (FTD). This reflection is part of a series of Lunchtime Conversation hosted by Sikunye, discussing how to support families in the different stages of FTD.

Listen to audio recording [here](#)

Watch the video recording [here](#)

The beginning of life, a baby growing in the womb, is an incredible miracle and a precious gift from God. Each mom and dad's story is unique, and no two pregnancies are the same. Our hope is for all parents to experience a healthy, positive pregnancy: a pregnancy where they are loved, supported, and seen by their community around them. A pregnancy where baby develops well and thrives.

### ***Mom, you are important. This is an important time.***

We aim to strengthen mom's hand by caring for her and dad well, so they in turn can care well for their unborn baby. We can do this by asking "how can I be part of your village?"

### **KEY TAKE AWAYS FROM THE CONVERSATION:**

- **Check-in** with a phone call. Send messages of support and prayers.
- **Equip expectant parents with the correct information** – through antenatal classes like Flourish, or referrals to health care providers, or directing to trustworthy sources to help parents feel confident; so that mom and dad can have a better understanding of what to expect and to process any fears or anxieties they may be struggling with.
- **Physical Health** - Encouraging mom that everything she does for her health during pregnancy will have an impact on baby's health. Therefore, encourage daily healthy habits, and early and regular antenatal visits at a clinic or doctor to monitor mom and baby's health.
- **Encouraging the role of dad** from the beginning, including him in the preparation of baby's arrival.



Dads can talk to the tummy, attend clinic visits, all to help them bond and connect with their unborn child.

- **Emotional health** – Mom support groups are helpful to encourage moms and help them to not feel alone in this journey.
- **Mental health** is important, so if there are any concerns or flags remember to REFER mom to the relevant support services.
- **Spiritual health** - Pray with and for the family and unborn child.

**Be aware of unhelpful comments**, advice and questions that convey assumptions that are judgemental or bring shame to mom or dad. Rather empower parents to feel confident that they are the best for their baby (despite the circumstances).

## RESOURCES TO CARE WELL FOR MOM AND DAD DURING PREGNANCY

**Sikunye's Pregnancy Devotional** is available for expectant moms to use or to be used in mom support groups. Email [info@sikunye.org.za](mailto:info@sikunye.org.za)

Visit our **lockdown toolkit** where you will find a number of helpful resources like *How can I help support and prepare mom and dad for pregnancy and birth?* including

- [Healthy habits during pregnancy](#)
- [Pack your bag](#) for the hospital
- [Breastfeeding Myth Busters](#)
- [Prepare home for baby](#)
- [How to register your baby's birth](#)
- [Pregnancy Facts](#)
- [Frequently asked questions around COVID-19 and pregnancy](#)

---

*For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.*

**Psalm 139 :13- 16**

---