



# HOW TO...

## celebrate mother's day well

as an FTD-friendly church you can:



a food delivery for a Mother's Day meal



give mom a hug or high-five



drop off a meal for moms who cannot celebrate



a phone or video call



send a song or lullaby on WhatsApp for mom



donate comfortable easy to put on clothes



send scriptures of hope, love, and support



give moms a flower as they enter church



drop off a care pack (e.g. nappies)



moms stand and pray for all moms in your church



write moms in your church a note to value and see them



helpful reading resources



a coffee date



put a couch in your church for mom to breastfeed and listen



offer to help with the dishes for a day



send a data voucher so moms can call their family

## we all have different motherhood experiences:

- Remember moms who have lost a child or miscarried – pray for and with them and you can show solidarity by planting a flower or tree to remember these children.
- Some congregants may not have good memories of their mother and not want to 'celebrate' the day.
- For some congregants it might be their first Mother's Day since their mother passed away. Recognize and affirm their grief and loss.

## other ideas:

- How are you inviting women into your church especially on days like Women's Day? Use this as an opportunity to [warmly welcome in women at the door](#) (including mothers, grandmothers, teen moms, mothering women, aunts, and even the youngest amongst us who will become tomorrow's women). You can welcome in other women from the community as a missional opportunity that makes them feel seen, loved, welcomed, and recognized as important figures in raising the children in our communities.
- [Make an announcement and a moment of prayer](#) – invite mothers to stand up and pray for them. This can be for ALL mothers and women who play a mothering role in a child's life – recognising it is not only the biological mother who can raise a child.
- [Give moms a small treat](#) or hand out a flower in the Mother's Day service.
- [Have a picnic](#) in the park with all the moms and their families after church.
- Have a moment to [have tea and coffee with moms](#) after the Sunday service.
- Link with Mother's Day events happening in your community or nationally. [Collaborate with local organisations](#) to see what is happening in your community and get volunteers in your church to take part in the events hosted to celebrate moms (e.g. [Embrace](#) visit Maternity Units on Mother's Day with care packs) or organisations in your community that provide care packs, or food parcels and other services, that you can bless moms with on Mother's Day.
- If you have the time and resources, [create a short video](#) for your Sunday service and get the kids in your church involved – film short clips of kids talking about their moms with questions like:
  - What is your favourite thing about your mom?
  - What is the funniest thing your mom does?
  - Why do you love your mom?

- [Have a special offering](#) on Mother's Day that you can then donate to an NGO who supports mothers or support another church in your network to support families or bless families in your community with a Mother's Day celebration or give a meal to moms. It is a great way to bless women in your community.
- [Set up a photo booth for all moms](#) – moms love to get pictures of their families, so why not make it a day to get dressed up and take photos? This can even be done simply with a cell phone camera and shared with mom on WhatsApp.
- [Invite mothers from your surrounding community](#) to come have a meal with members of your church – bless a family who do not have the resources to celebrate Mother's Day with a meal, in a welcoming home.
- Offer a course for moms and parents on positive parenting and skills (e.g. Parenting Classes, Expecting Parents) that you can advertise on Mother's Day.
- As a church, you can [host a workshop on motherhood](#), or teenage pregnancy, addressing some of the myths and factors facing moms and teen parents – it is an opportunity to encourage responsive parenting with moms.
- [Host a breastfeeding workshop](#) for parents and invite an expert to speak about breastfeeding and infant feeding during breastfeeding week – for parents to understand more the importance of breastfeeding.
- Inspire, **equip**, and support parents to exclusively breastfeed for a minimum of 6 months – do this by [creating a moment to welcome breastfeeding moms](#) into your space, put a couch in the corner of the room where they can breastfeed and still hear the sermon. Encourage congregants to be ok with moms breastfeeding in public – put a sign up saying "We welcome moms to breastfeed here" whilst speaking into the importance of breastfeeding, the challenges women face and encouraging the congregation to support moms to breastfeed.
- Congregants can [advocate in their workplaces to be breastfeeding-friendly](#) by adhering to the time of 2x 30min per day for moms to breastfeed or express breastmilk. Look at the **Breastfeeding in the Workplace** resource.
- **Know your community** and where you would refer moms and dads to, should they need it – get all those details together and hand out a Useful Contacts list to families in FTD. See what resources the local clinic has, to bless parents with.
- [Know who is the local Flourish host](#) in your community to refer moms to for antenatal and postnatal classes – or host a Flourish class in your venue.
- [Invite a nurse](#) from the local clinic to do a short announcement in a Sunday service that equips moms with health tips or where to go to access specialise health services.