



# HOW TO... practically support mom or dad

Practically showing love and care for mom or dad during the First Thousand Days does not have to cost money, to take too much time. But each act shows a village of love, care and support around mom and dad and baby.



a food delivery for a meal



offer a lift to the clinic for check-ups



drop off a meal



a phone or video call



send a song or lullaby on whatsapp



donate comfortable easy to put on clothes



send scriptures of hope, love, and support



babysit for mom and dad to go have a break



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



moms and dads stand and pray for all parents in your church



write a note for families in your community and put it in the postbox



helpful reading resources



a coffee date with dad



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



offer to help with the dishes



support a teen mom or dad



start a mom or dad whatsapp group for support



send a data voucher so parents can call their family when baby is born



have a tea party for moms, or a braai for dads



"rent a granny or grandpa" to support young parents