

EPISCOPAL RELIEF & DEVELOPMENT INVITES YOU TO **COLOR OUR WORLD** ❤️

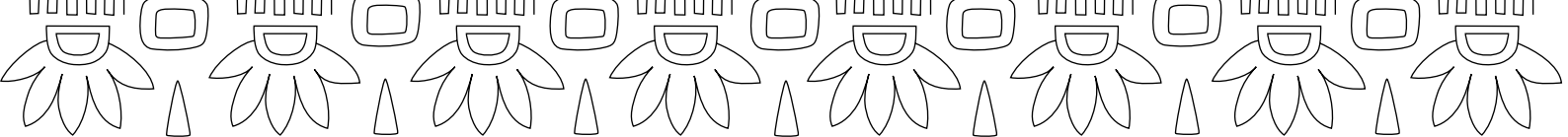


Featuring coloring pages of actual FAMA cards used to educate communities around the world about Early Childhood Development best practices



Episcopal
Relief & Development

**ONE THOUSAND
DAYS OF LOVE** ❤️



Welcome

Hello and welcome to Color Our World, an Episcopal Relief & Development coloring book.

In this coloring book, we hope to introduce you to our transformative work with children. The pages in this coloring book include actual drawings or “FAMA cards” (F-facts, A-associations, M-meaning, A-action) that our partners use in the field in places like Kenya, Zambia, Ghana, Malawi and Mozambique to teach families about Early Childhood Development best practices. We invite you to color in these pages and think about how you interact with children in your own life and how you might be able to support our work nurturing children to their full potential.

Our work with children is very personal to me. My son is now a remarkable toddler with a keen wit, an increasing mastery of language and a big personality. I have seen firsthand how important the first one thousand days of a child’s life are to their development. Just like my son, the children in the communities in which we partner are filled with intelligent, spirited young ones, surrounded by parents and caregivers that want the very best for them. To help make that dream a reality, we partner with communities around the world to empower families and help children thrive. In addition to using FAMA cards as explored in this coloring book to teach families about Early Childhood Development best practices, our programs include improving food and nutrition, preventing diseases, providing access to clean water, improving hygiene and sanitation and creating economic stability. We believe that all of these things can bring positive change to children’s lives.

Join us in **ONE THOUSAND DAYS OF LOVE**, our grassroots Church-wide campaign dedicated to expanding these life-changing programs to improve the lives of children, their families and the communities in which they live.

Colorfully yours,

Chad Brinkman
Director, Campaign at Episcopal Relief & Development



Moments That Matter Program

Our goal is to help communities nurture children to their full potential. One of our programs that supports this goal is the *Moments That Matter* program. This program partnership of Episcopal Relief & Development addresses the needs of young children while equipping their caregivers and communities to support their healthy development.

The *Moments That Matter* program is community-led, driven by local leaders, faith leaders and other stakeholders at all stages of the program. The heart of the program is its volunteer Early Childhood Development (ECD) Promoters who engage deeply with caregivers and families at both the household and group level each month. These promoters use the FAMA cards to help guide communities to speak about specific Early Childhood Development issues. FAMA stands for F-facts, A-association, M-meaning, and A-action and helps teach through self-discovery. They focus on responsive care, early learning from birth (i.e., stimulation) and child safety and security.

Our vision for this program is organized communities, strengthened families, empowered caregivers and children who are thriving.



FAMA Card Instructions

F facts

A associations

M meaning

A action

The pages in this coloring book include the same FAMA cards that promoters in the *Moments That Matter* program use in the field to teach families about Early Childhood Development best practices. For a more interactive coloring session, we invite you to use the following questions in order to fully engage with the meaning behind the drawings in this coloring book.

If you are working in a small group, choose a facilitator from the group to guide you all through the questions. Allow the responses to generate conversation about positive interactions with children and how all of us can help nurture children to their full potential.

We hope that pairing these questions with the drawings will help you think more deeply about your own interactions with children and also help you better understand our impactful work nurturing children in Kenya, Zambia, Ghana, Malawi, Mozambique and other countries around the world.



FAMA Card Questions

Facts

To help reflect and discuss what you have just seen.

1. What do you see in this picture?
2. What is happening?
3. Can you tell a story of what you think is going on?

Associations

To help connect the experience in the picture to your own feelings and life.

1. Have you ever seen anything like this before? Why does this happen?
2. Can you share an example from your own life or community?

Meaning

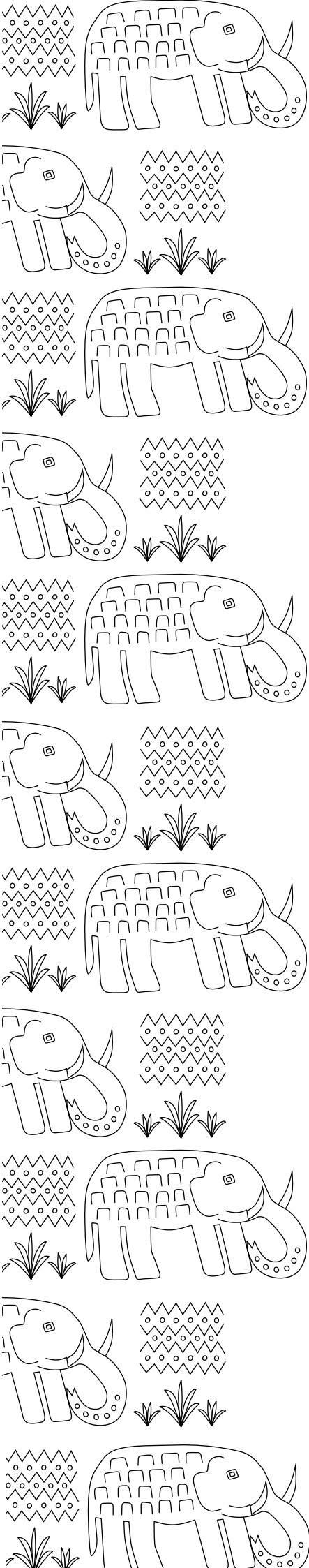
To help identify and discuss the more profound meaning of the experience, the lessons to be learned, the story's importance to you, to others and to your community in general.

1. How do the story of this picture and your own life experiences make you feel?
2. How does this impact the child?
3. What can we learn from this story and/or from your own story?

Action

To incite you to take action.

1. What can you do to provide nurturing care and stimulation to your child?
2. Should you work alone or with others?
3. What can you do with others? How? Why? Beginning when?



Children

Our work with children supports and protects kids under six so they reach appropriate health and developmental milestones. This focus on early development is foundational and critical to helping children achieve their full potential as future contributing members of their communities.

0-6 months

Physical Development | Give the baby your fingers or other objects to grasp and support the baby to sit for short periods of time.



0-6 months

Social and Emotional Development

Bond with the baby through physical touch.



6-12 months

Physical Development |

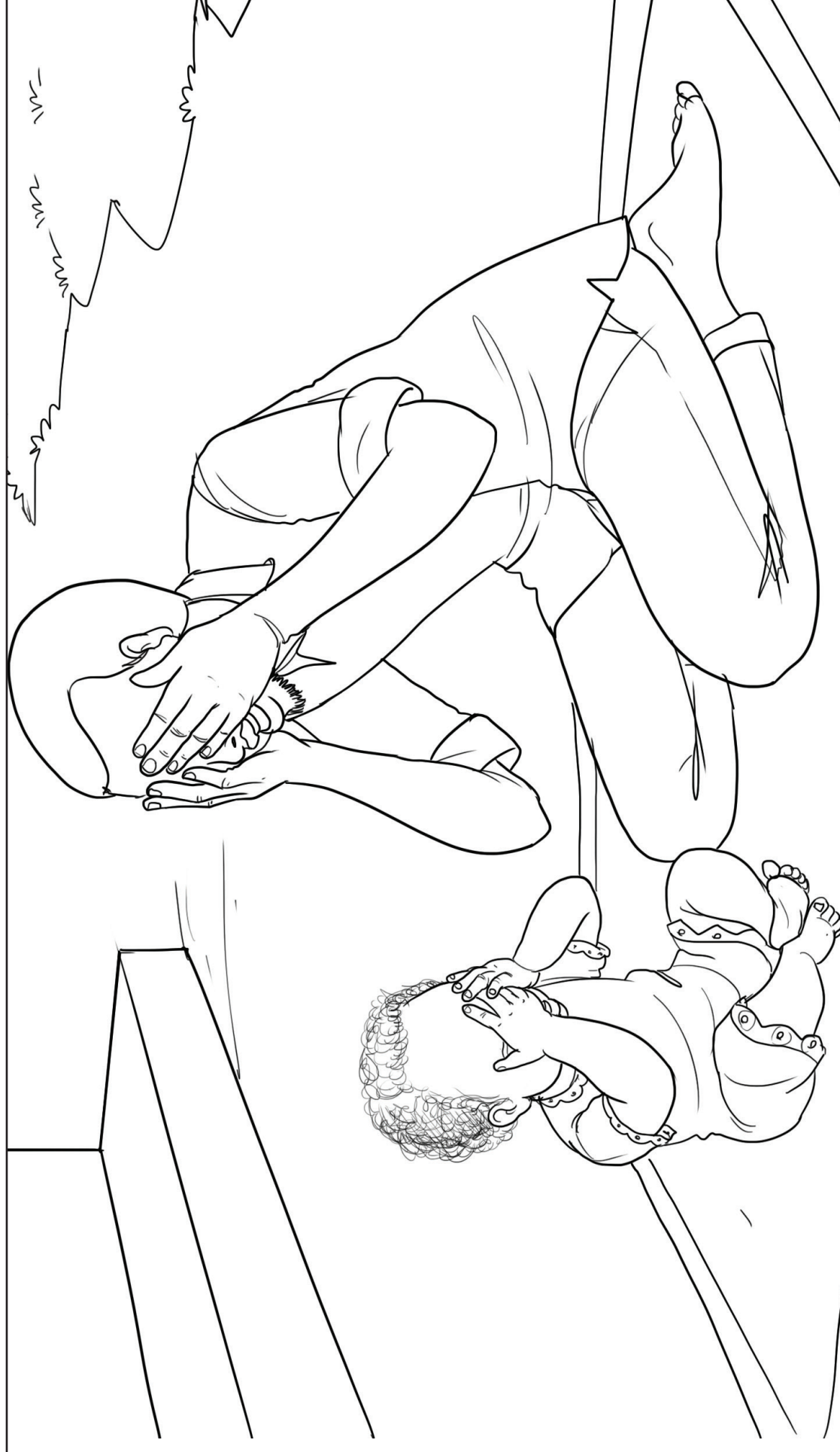
Share parenting responsibilities with others.



6-12 months

Cognitive Thinking Development

Play games with the baby to help with brain development.



6-12 months

Physical Development

Give the baby a safe and stimulating environment to play.



12-24 months

Physical Development

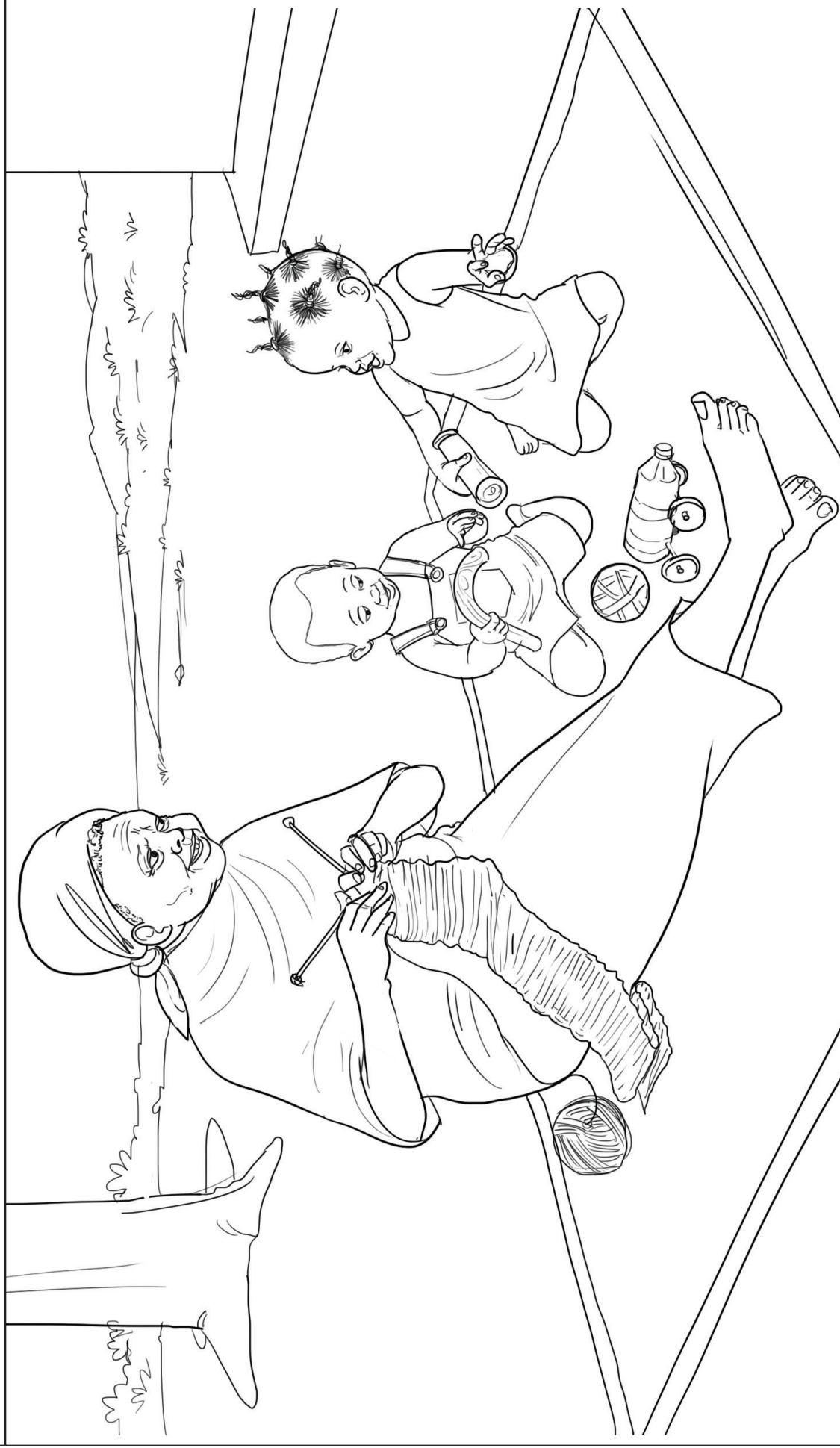
Encourage the child to walk, run, play games and dance with supervision.



12-24 months

Social Development

Allow the child to play and run around in a protected/ clean environment under the watchful eye of elders.



12-24 months

Emotional Development

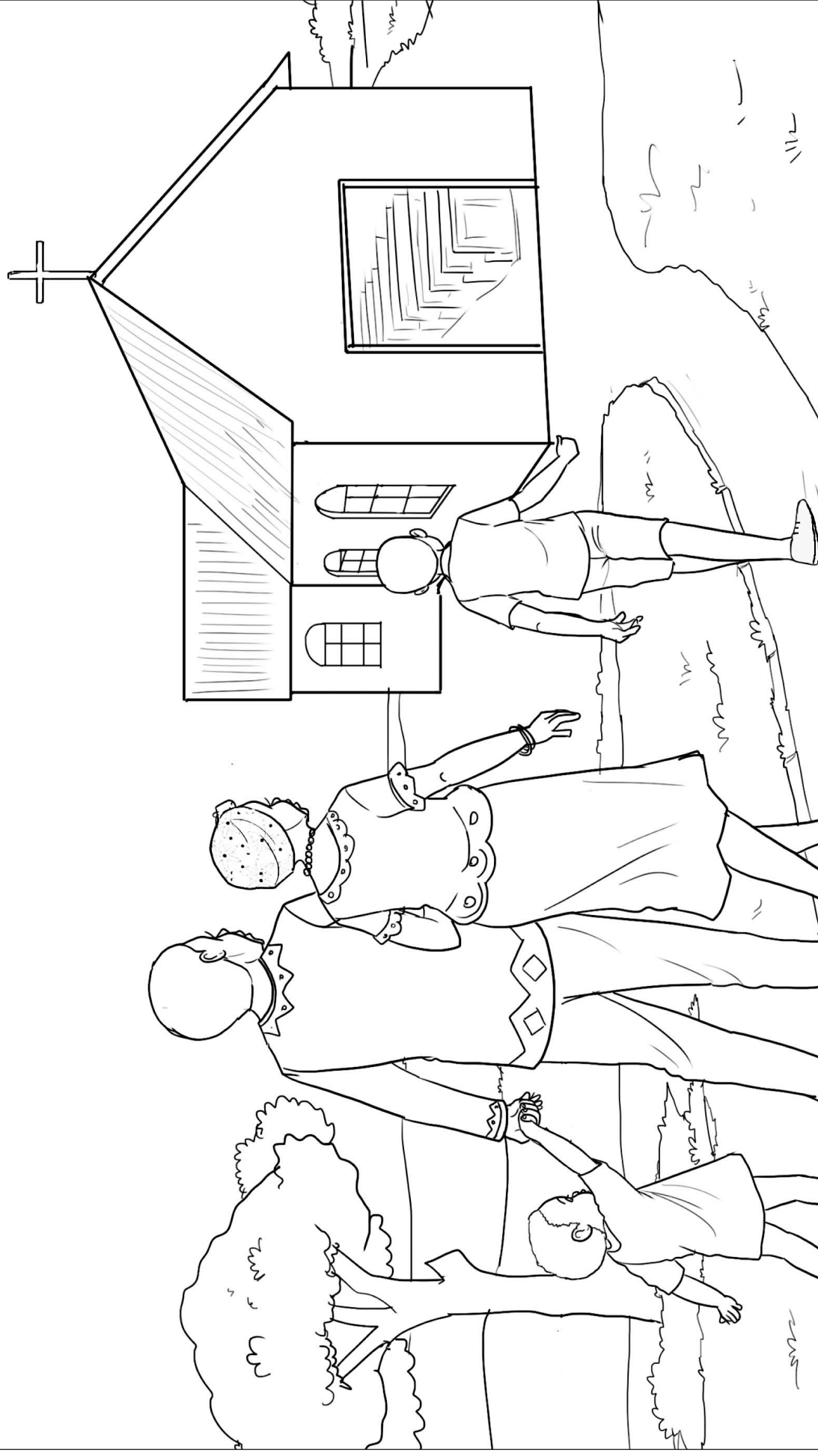
Be patient and comfort the child while helping them regulate emotions.



24-36 months

Social Development

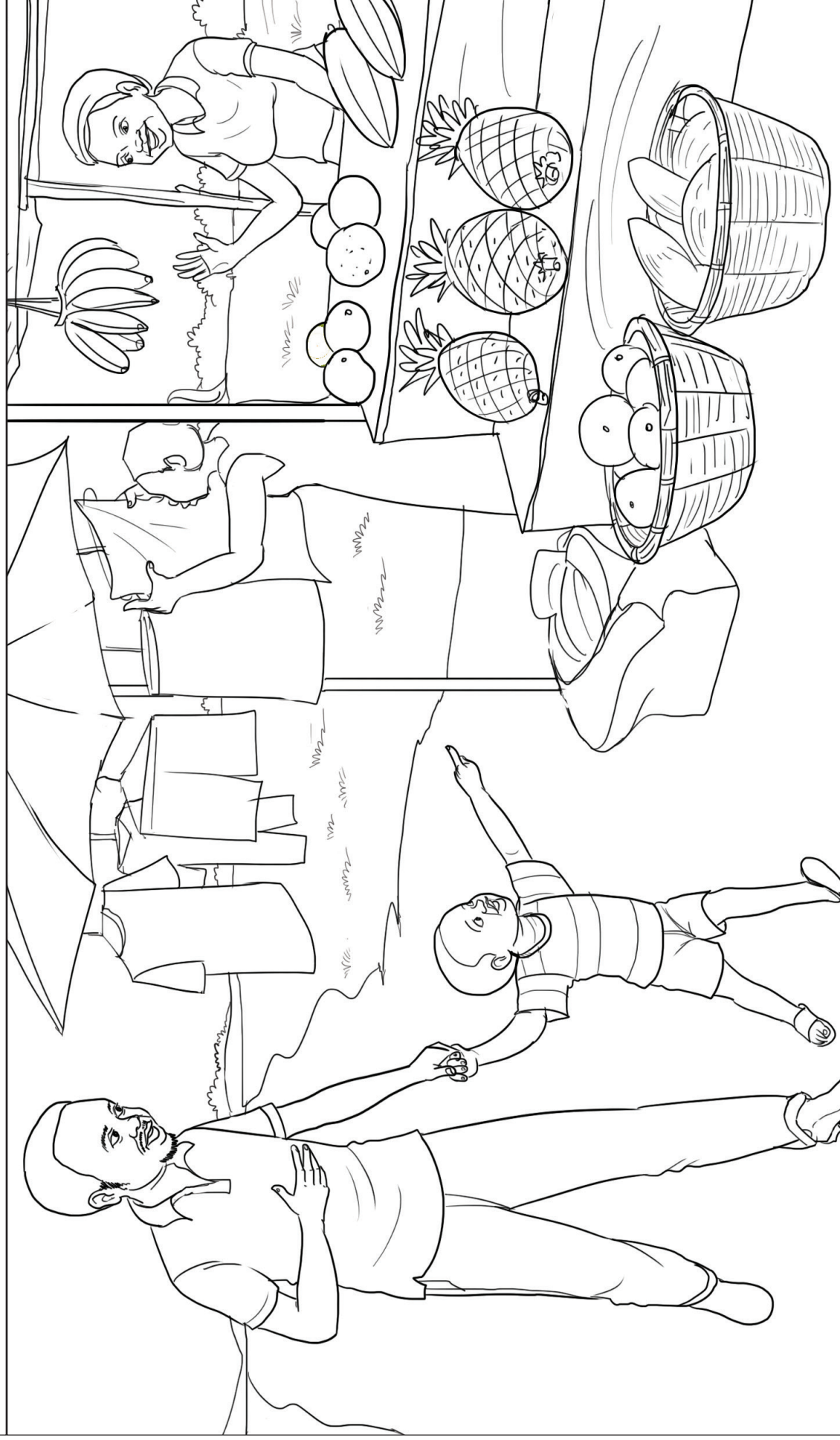
Include the child in community activities such as church, festivals and other gatherings.



24-36 months

Social Development

Expose the child to different environments to see and experience new things.



24-36 months

Emotional Development

Practice positive discipline and **NEVER** hit the child.





Other Priorities

Episcopal Relief & Development facilitates healthier, more fulfilling lives in communities struggling with hunger, poverty, disaster and disease.

Our connection to our Anglican partners and local communities on the ground allows us to work in places where few others remain for the long haul and to deliver life-improving results in innovative and unique ways.

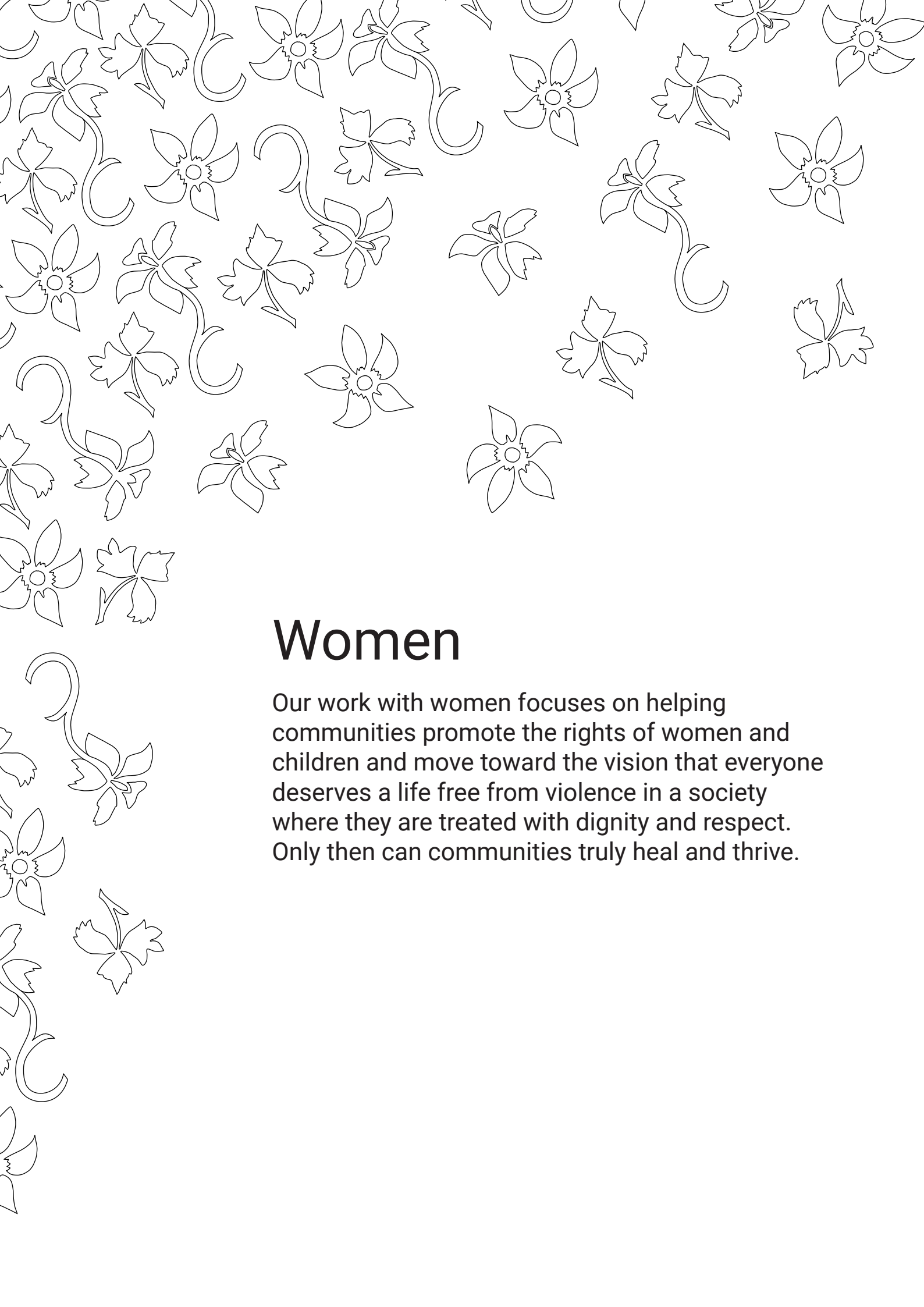
Apart from our transformative work with **Children**, we also collaborate with communities around the world to address two additional life-changing priorities – **Women** and **Climate** – creating authentic, lasting results that can be sustained by the communities internationally.

Nationally our US Disaster Program works in areas across the country that have been affected by disasters. By offering resources and training to help communities prepare for disasters and providing **Disaster Response**, we help vulnerable groups of people to make a full and sustained recovery.

Please enjoy coloring in drawings from these other priorities. We would like to note that the following drawings are not connected to the FAMA cards previously described.

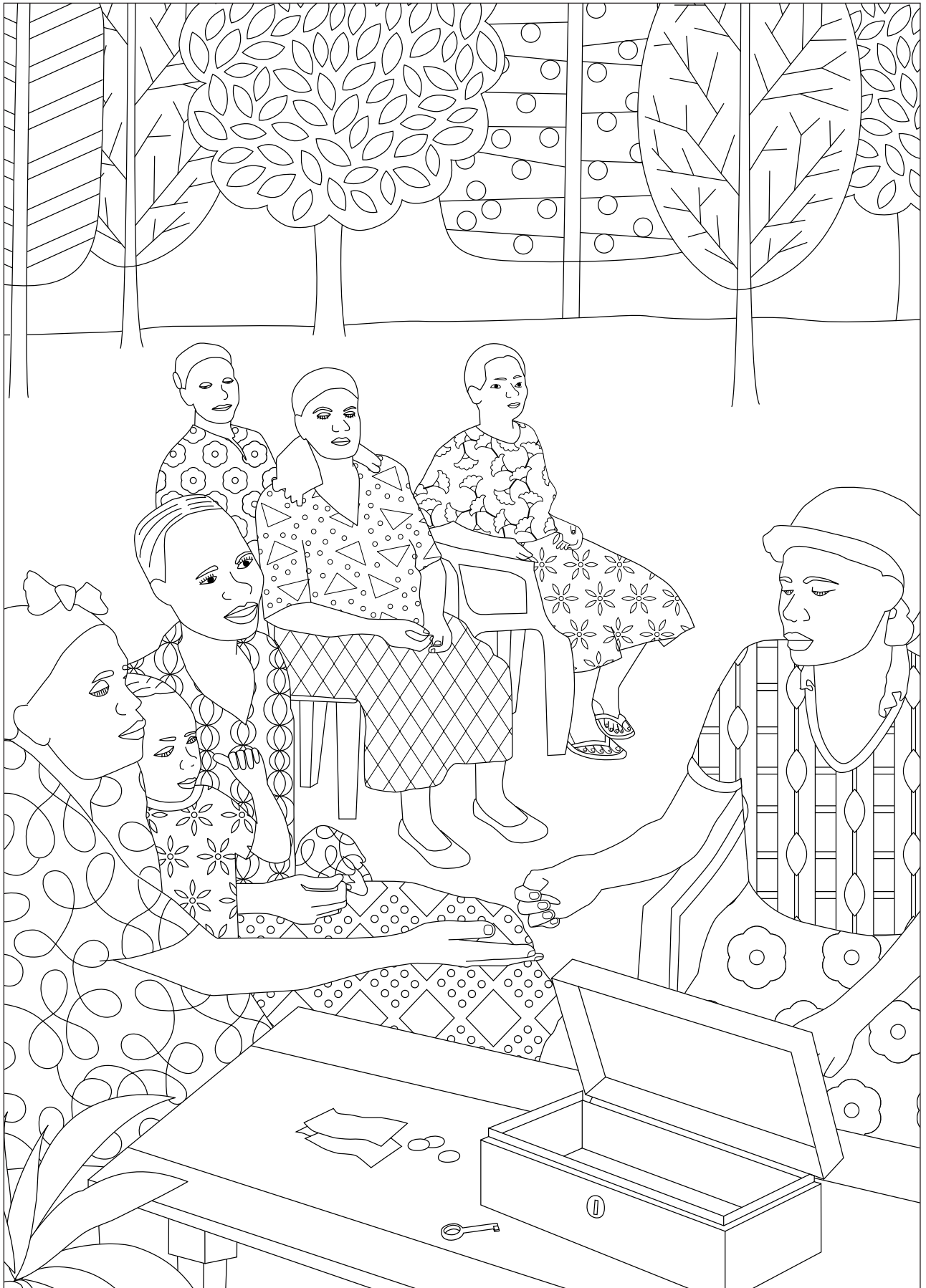


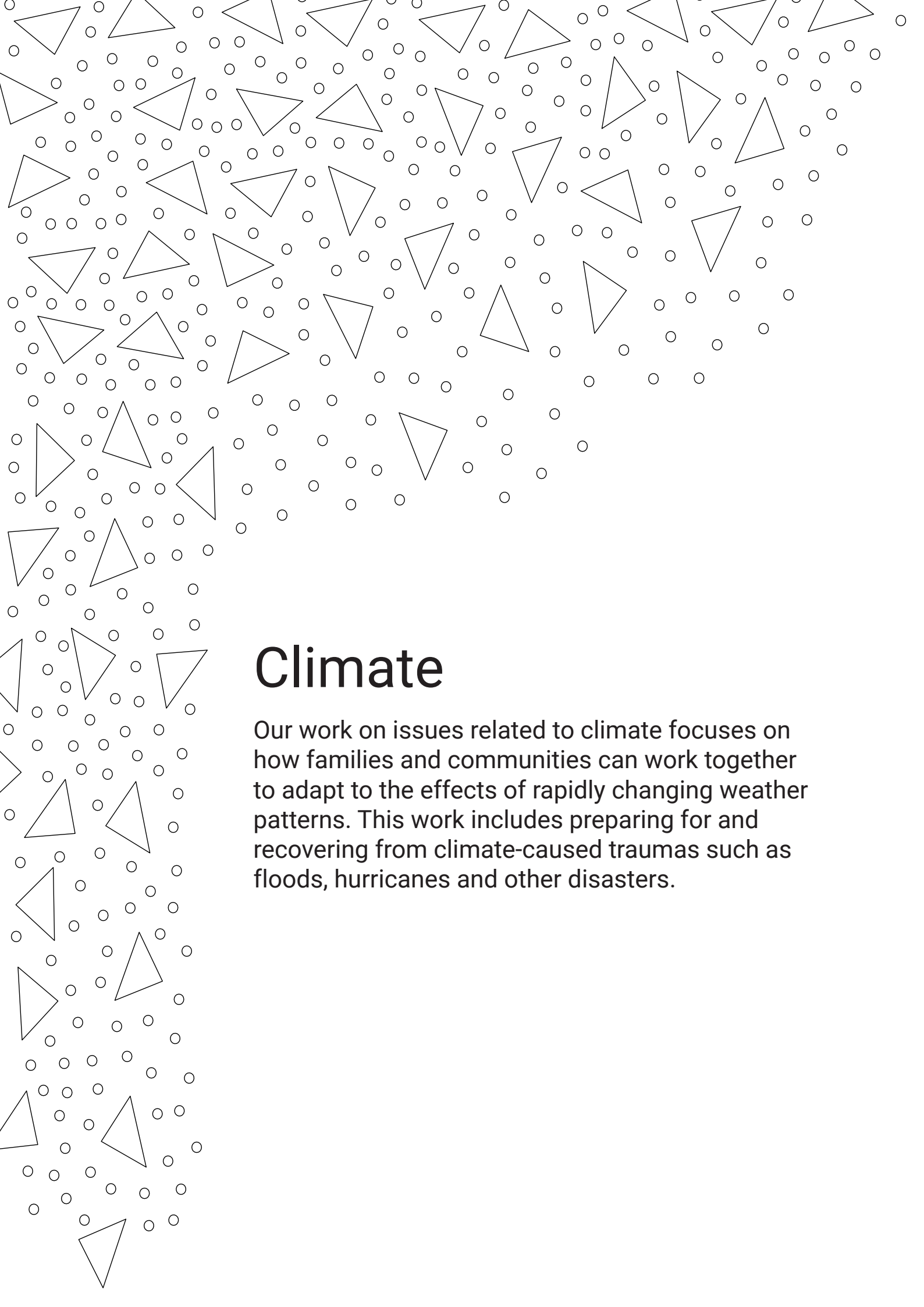




Women

Our work with women focuses on helping communities promote the rights of women and children and move toward the vision that everyone deserves a life free from violence in a society where they are treated with dignity and respect. Only then can communities truly heal and thrive.

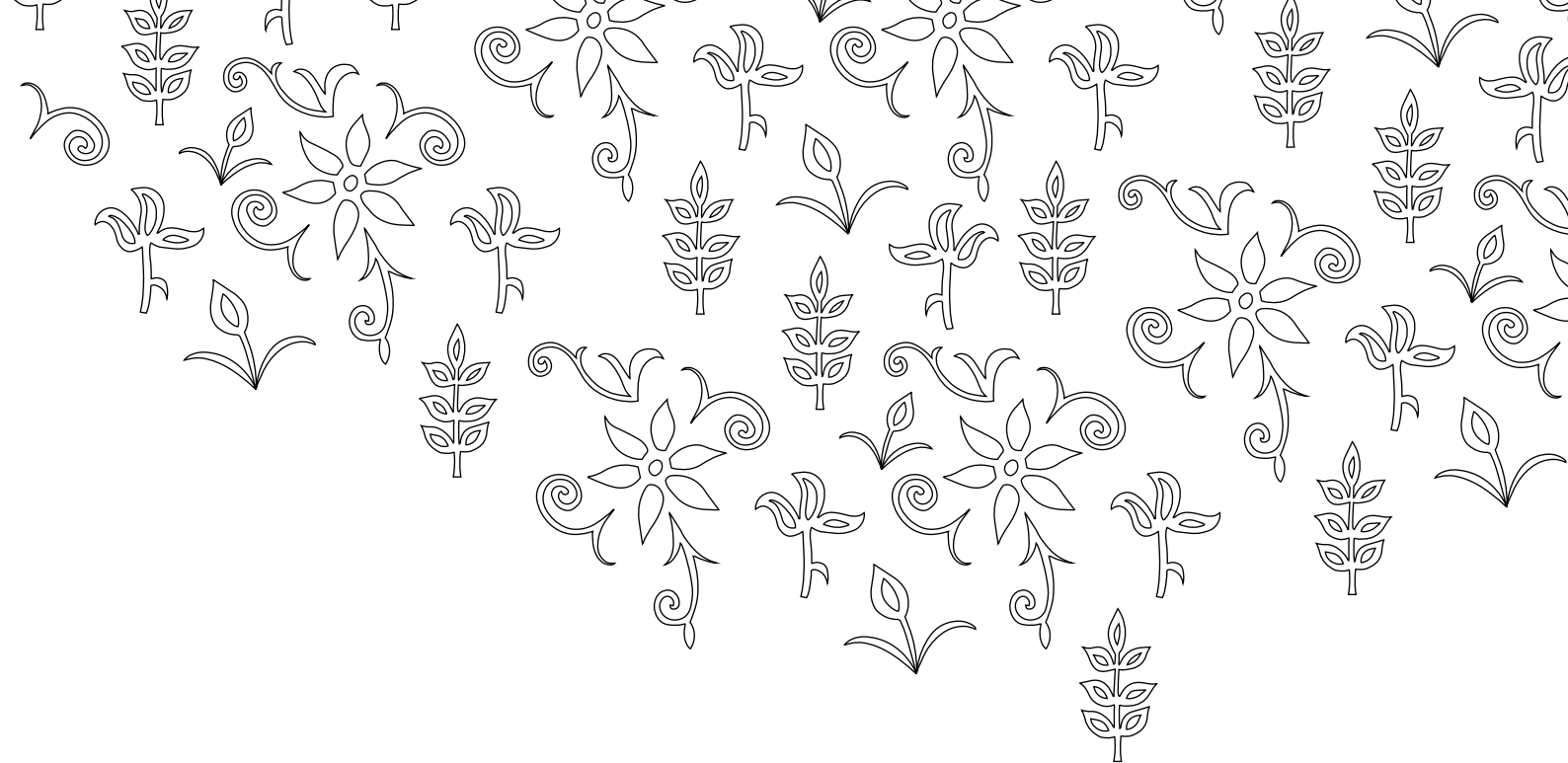




Climate

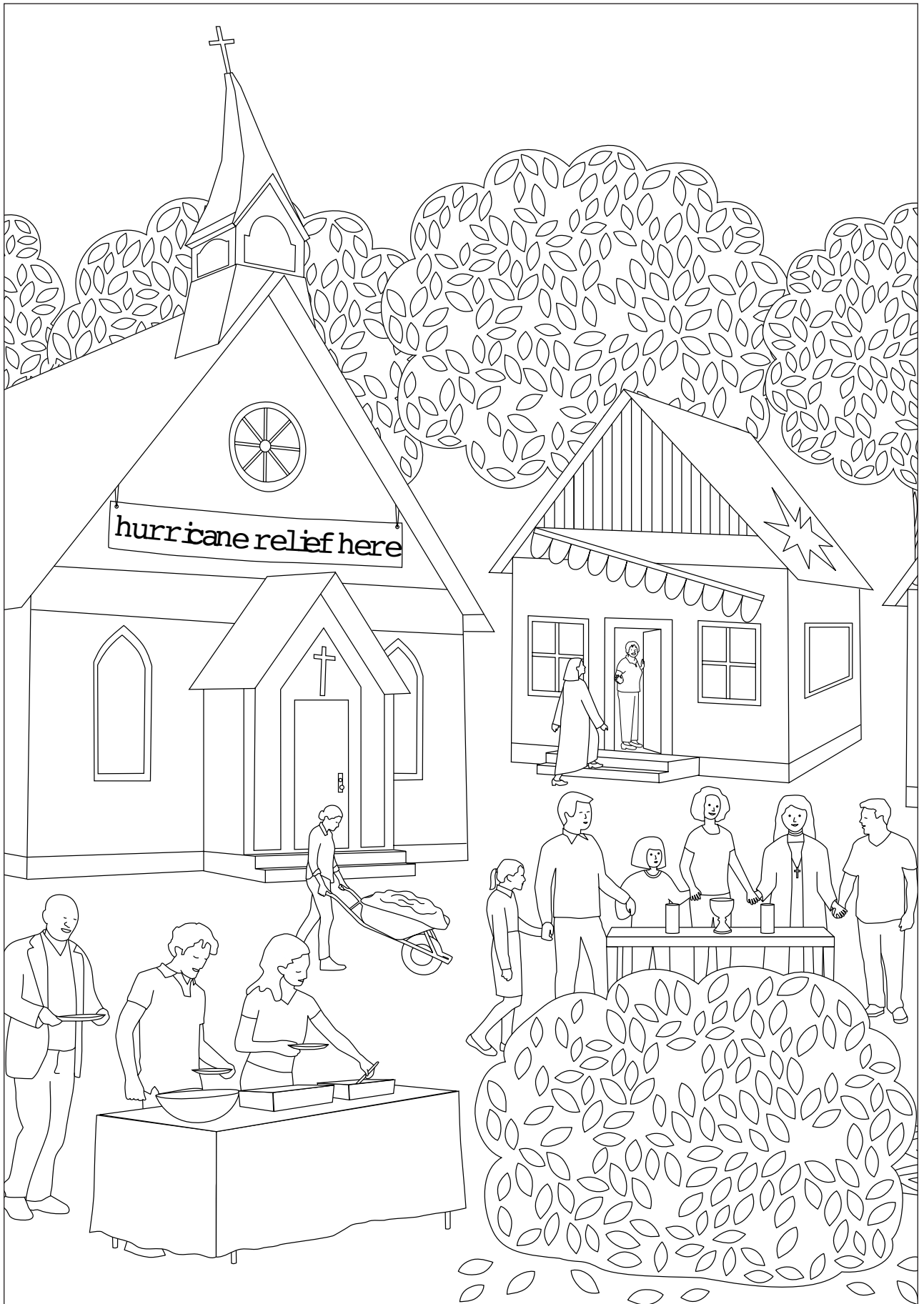
Our work on issues related to climate focuses on how families and communities can work together to adapt to the effects of rapidly changing weather patterns. This work includes preparing for and recovering from climate-caused traumas such as floods, hurricanes and other disasters.





Disaster Response

In collaboration with local Anglican and ecumenical partners, we respond to emergencies, both natural and human-caused, in the US and around the world — assisting in helping alleviate suffering, restore dignity and jumpstart economic recovery. With support from Episcopal Relief & Development, church and other partners deliver critical supplies such as food, water and other basics and remain present long after the crisis is over to help communities heal, recover and rebuild long-term.





You Can Help Through Acts of Love

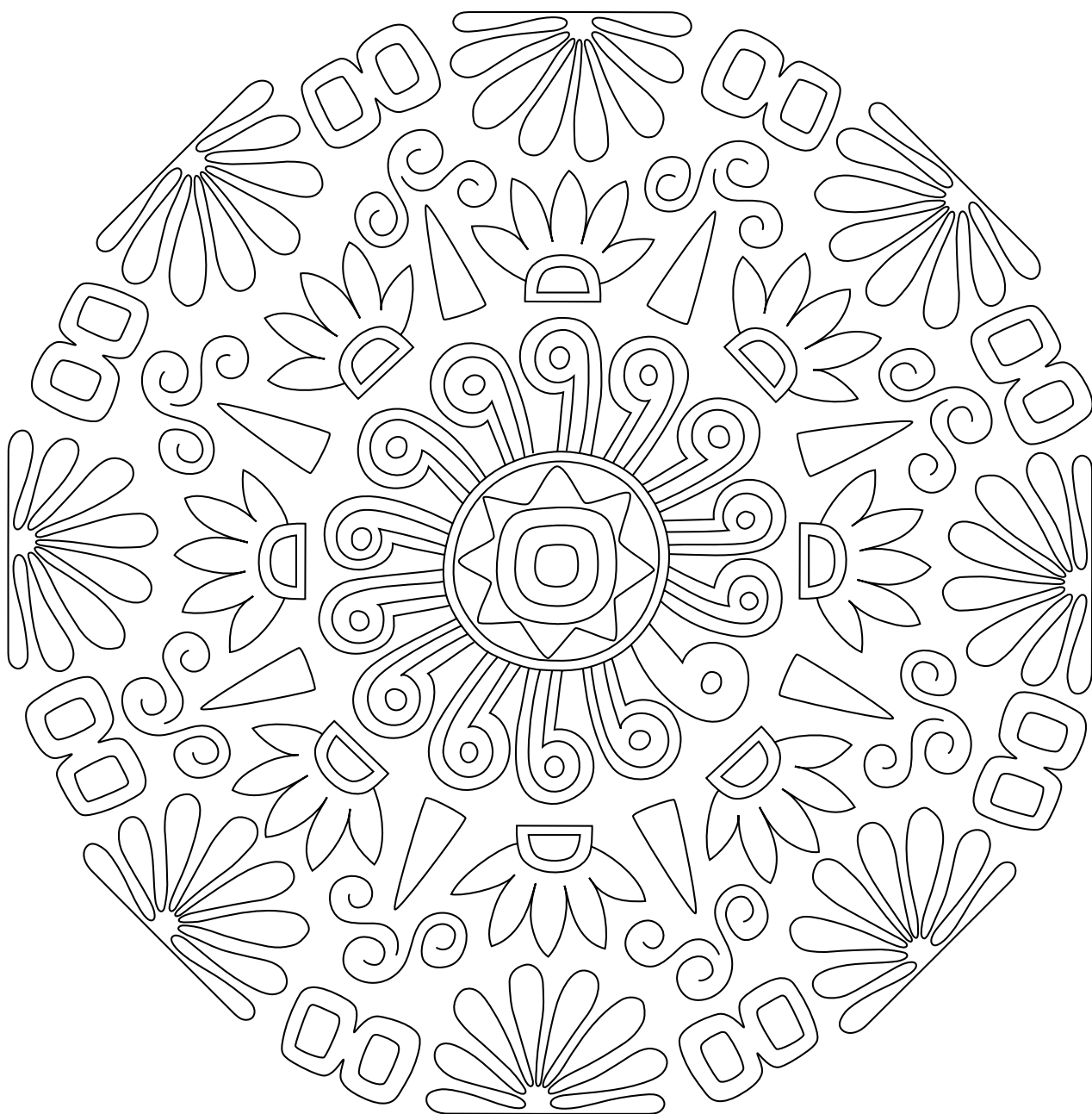
Through Episcopal Relief & Development, you can have a positive, tangible impact on the world that is consistent with your faith and faith expression and aligns with the Episcopal Church's commitment to peace and justice.

Episcopal Relief & Development invites individuals, congregations and dioceses to join **ONE THOUSAND DAYS OF LOVE** by engaging in acts of love of their own, including:

- **LEARNING** about the campaign and the organization's work with children.
- **SHARING** the campaign with their congregations and communities on social media, through online peer-to-peer fundraising and other creative campaign activities.
- **GIVING** as an individual or congregation to help expand the organization's work with children.

To learn more about **ONE THOUSAND DAYS OF LOVE** and how individuals and congregations can participate, please visit **www.episcopalrelief.org/1000DaysOfLove**.





The FAMA cards and layout for this book were created by Mango Tree, based in Kampala, Uganda. The other illustrations on women, climate and natural disasters were created by Portia Monberg, based in Sunnyvale, California.

DRAWINGS FROM THIS COLORING BOOK IN THE FIELD ♥



In the photo above, from Ghana, you can see the FAMA cards from this coloring book being used in the field to teach Early Childhood Development best practices. Promoter Patricia Akobiya guides discussion with Elizabeth, holding her seven month old baby Linda, and her brother-in-law Afoblikame. The FAMA cards that Patricia used on this day started a conversation about how children need a safe environment for play, stimulation for brain development and care from the whole household. Patricia visits the family at least once a month and they discuss all kinds of child care practices. This is especially helpful for Elizabeth and her family because Linda was born blind from a cataract and has several health issues. In addition to leading FAMA card discussions with the family, Patricia helps them care for Linda's special needs and connects them with doctors who are working to restore the child's sight.