

BASIC TRUTH

GOD MADE ME

SAY THIS

WHO CAN YOU THANK
FOR EVERYTHING?

I CAN THANK GOD
FOR EVERYTHING.

DO THIS



MORNING TIME

When you go in your baby's room this month say, "Good morning, sweet [child's name]! I'm so thankful God gave you to me!" Pick them up and cuddle him/her close.



FEEDING TIME

Look into your baby's eyes as you feed him/her and begin listing things you are thankful for, such as, "God, thank You for [child's name]. Thank You for the food he/she eats. Thank You for the comfy bed he/she sleeps in. Thank You for . . ." Continue as your child drinks the bottle and end with, "Thank You, God, for loving us."



CUDDLE TIME

Cuddle up with your baby this month and pray, "Dear God, I have so much to be thankful for, like getting to be [child's name]'s mom/dad. Thank You for this privilege. Please help me teach him/her to love You and be thankful. I love You, God. In Jesus' name, amen."



BATH TIME

Name things in the bathing area that you are thankful for as you bathe your child. Say, "Thank You, God, for warm water. Thank You, God, for soap. Thank You, God, for [bath toy]. Thank You, God, for this towel. Thank You, God, for [child's name]'s clothes."

Parenting is hard. Just when you think you understand your baby, everything changes. And then you have to get re-acquainted with them and figure out a new way to parent. It might be helpful to know that every child at every phase is asking a unique and fundamental question. How you answer that question for your child will communicate the one thing they need most: LOVE.

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This is an excerpt from the phase guide: *Parenting your New Baby* by Kristen Ivy and Reggie Joiner.

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ONE QUESTION YOUR BABY IS ASKING

Your baby has suddenly arrived in a world where . . .
no one speaks their language.
they are unsure how to coordinate their movements.
they have limited control over their next meal, next bath, or next nap.

Your baby is asking one major question:
"AM I SAFE?"

As the parent of a baby who may cry more than you imagined, or sleep less than you had hoped, or poop more than you thought possible, your role may feel overwhelming at

times. But remember this, in order to give your baby the love they need in this phase, you need to do one thing:
EMBRACE their physical needs.

The way you show up hour after hour, day after day, to feed, change, and soothe your baby is establishing a foundation of trust that will follow them for the rest of their life.

You are probably doing more than you realize to show your baby how much you love them. What are the ways you already show up to consistently embrace your preschooler's physical needs?

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