

BIBLE STORY

MATTHEW 8:23-27

Jesus calms a storm after the disciples wake Him because they are afraid.

SAY THIS

**WHO DO YOU NEED?
I NEED JESUS.**

DO THIS



MORNING TIME

When you go into your child's room this month, sing the following to the tune of the "Happy Birthday" song: "Good morning to you! Good morning to you! Everyone needs Jesus. Good morning to you!"



DRIVE TIME

As you drive, ask your child to name his/her friends. Each time he/she names a friend, take time to say, "[Friend's name] needs Jesus."



CUDDLE TIME

Cuddle up with your child this month and pray, "Dear God, thank You for giving us water to drink. Thank You for giving us food to eat. Thank You for giving us medicine when we're sick. And thank You for giving us Jesus to be our friend forever. We love You, God. In Jesus' name, amen."



BATH TIME

Add a toy boat to bath time. Encourage your child to act out the Bible story where Jesus calms the storm. Make waves with his/her hands, say, "Stop!" and then freeze his/her hands so the water can calm. Once the water is still, do it again! Talk about how the disciples needed Jesus when they were scared. And we need Jesus too!

3 SURVIVAL TIPS FOR PRESCHOOL PARENTS

By Liz Hansen

If you've got one under five, you're stretched.

If you've got two under five, you're beyond capacity.

If you've got more than two under five, well, living in the South, I'll simply say, "Bless your heart."

My boys are almost two and four. I'm just beginning to emerge from the fog of baby years and enter the throes of two rough and tumble little beings attempting independence. Most of the time, I feel like we're making up this parenting thing as we go. But there are a few survival tools I've gathered for the days I'm barely keeping my head above water.

Appreciate what's working. Every kid will provide unique frustrations in each season. My underweight three-year-old, for instance, can go days without expressing hunger. We've been through specialists, nutritionists, and feeding therapy. Meals are tough. When the scales show he's down half a pound and I want to tear my hair out, I have to remind myself that this is only one piece of who he is. Despite the slow growth, he's healthy. He sleeps a solid 12 hours at night and takes a good nap every day. He's curious and articulate. Chances are that when your preschooler is driving you nuts in one area, something else is working so well you rarely even think about it.

Find your people. I don't care whether you're an extrovert or introvert, whether you're a working parent, or stay-at-home parent. You need at least a couple other parents in your corner who can laugh and cry with you and tell you that no, you're not the only one whose formerly sweet 18-month-old can turn into a howling, temperamental beast at the drop of a Mega Blok. If you don't have people right now, be bold. Make the first move and invite a family from preschool or church or the park over for a fine dinner of . . . well, probably chicken nuggets on paper plates.

Refuel. I'm preaching to the choir here. Once the kids are in bed, my Type A response is a frenzy of meal prep and cleaning while I put my brain on autopilot with Netflix as my companion. I'm slowly learning ways to instead structure a time in my routine to actually be still and refuel—like walking the dog at night or listening to the Bible in the morning while I'm getting ready.

Those are just a few ways that I'm surviving the preschool years.

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