



BASIC TRUTH

GOD LOVES ME

**SAY
THIS**

WHO IS ALWAYS WITH YOU?
GOD IS ALWAYS WITH ME.

DO THIS



MORNING TIME

When you go in your baby's room this month say, "Good morning sweet boy/girl! Mommy/Daddy loves you and God loves you! You are so loved!"



FEEDING TIME

(Sing to the tune of "I'm a Little Teapot") "God is always with you night and day, while you sleep and while you play. He will never leave you; He'll always stay. God loves you all night and day."



CUDDLE TIME

Cuddle up with your baby this month and pray, "Dear God, thank You for giving [child's name] to me. I love him/her so much. Help me to trust that You are always with him/her. I love You, God. In Jesus' name, Amen."



BATH TIME

As you bathe your baby this month say, "God loves YOU!" (Touch his/her nose or bellybutton when you say "YOU.") Continue doing this throughout bath time.



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KEEP SHOWING UP. IT MATTERS.

by Sue Miller

When you first have a baby, there are many questions you start to wonder about parenting, like . . . what have I gotten myself into?! You may also begin to wonder as you wipe the spit-up off your shirt . . . Am I doing anything that really matters?

Perhaps you secretly set a few goals for yourself for the day. Maybe you hoped to do any of the following:

Shower
Write a bestselling book
Climb Mount Kilimanjaro
Learn Chinese
Run a half marathon
Cook a 7-course dinner

This is actually what you were able to accomplish instead: Kept three tiny humans alive, clothed, fed, changed, rested, and entertained.

Parenting is not the flashiest of gigs. It's made up of hundreds of small, repetitive tasks. Nobody claps when you change nine newborn diapers a day. Or finally convince them to try the baby peas. Surprisingly, there are no awards for the stamina it takes to hold a baby and make dinner one-handed. But it doesn't mean you don't deserve one.

So many hours of our time as parents are filled with mundane tasks that do not seem extraordinary or remarkable in any way. The list feels endless. So at some point you may wonder, did I do anything that really matters this week? Yes, you did. You showed up. Sometimes being dependable is more important than doing something remarkable.

When you are consistently present, you are answering your baby's most heartfelt need. You are communicating to them that they are safe, and you are setting a foundation for their future security and success. Even though no one will throw you a party to celebrate your efforts, the attention you give your baby now and in the weeks to come is making a difference. Believe it!

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