

Thank you, God,  
for the morning sunshine.





Sunshine helps  
our gardens grow!





Thank you, God, for gardens.



Gardens give us food.



Thank you, God, for food.





Food helps us grow.



Thank you, God,  
for growing bodies.



Our bodies let us play!



## FOR PARENTS



# HELPING YOUR CHILD TAKE FIRST STEPS IN FAITH

*Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

*1 Thessalonians 5:16-18*

## YOUR DEVELOPING CHILD

Toddlers are naturally self-centered, so gratitude does not come easily. They first need to develop empathy and become sensitive to the feelings of others, before they can truly be thankful. Grateful kids can look beyond themselves and understand that other people provide things for them. The best thing you can do is model thankfulness daily. Say, “thank you” to people around you and to your child. Encourage your child to say, “thank you” when they receive a gift or when someone does something nice for them. Set aside a time each day to share what you are thankful for as a family. Mealtime or bedtime can be good opportunities for this.

## MAKING FAITH CONNECTIONS

The Bible is full of prayers of thanksgiving and teachings about thankfulness. God is the giver of all good things so it is right and good to give thanks to God regularly. Toddlers can begin thanking God for their food or thanking God for the day and people in their lives. Build thankfulness into your daily prayer routines and your child will cultivate gratitude toward God for the ordinary parts of life.

## **TRY THIS**

Pray this prayer together at bedtime. Invite your child to repeat after you until they've learned to say it on their own:

*Thank you, God, for this day.*

*Thank you, God, for my family.*

*Thank you, God, for my friends.*

*Thank you, God, for making me.*

*Thank you, God, for  
[insert additional things  
you're thankful for].*

*Amen.*

