



**JULY  
2018**



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**BASIC TRUTH:** God made me. God loves me.  
Jesus wants to be my friend forever.

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**SAY THIS:**

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What is with you wherever you go?  
God's Word is with you wherever you go.

**DO THIS:**



**MORNING TIME**

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When you go into your baby's room this month say, "Rise and shine sweet [boy/girl]! [Mommy/Daddy] loves you, and God loves you too!"



**FEEDING TIME**

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While feeding your baby this month sing the following to the tune of "Mary Had a Little Lamb." "God loves [child's name] all the time, all the time, all the time! God loves [child's name] all the time. Yes, He does!"



## CUDDLE TIME

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Cuddle up with your baby this month and pray, "Dear God, Your Word says in Psalm 5:3 that 'In the morning, Lord, you hear my voice' (NIV). Thank You for listening to me when I talk to You. I pray [child's name] will grow up talking to You, believing that You hear every word [he/she] says. In Jesus' name, amen."



## BATH TIME

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As you bathe your baby this month say, "God made your hands. God made your feet. God made your head. God made your hair." Continue naming body parts as you wash them. "You are wonderfully made by God!"

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### From Parent Cue:



## OVERCOMING NEW PARENT ANXIETIES

By Leah Jennings

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The words "new parents" and "anxiety" seem to be synonymous. If you Google the phrase "parent anxiety," you'll see titles such as "49 Parent Fears and How to Ease Them" and "Top 10 Fears of New Moms."

## WHAT FEAR TELLS YOU:

Parenting in this generation looks a lot differently than in generations past. Instant access to all kinds of research tells us what we're doing wrong. This overload of information leaves us feeling stressed and afraid we're unable to properly care for our children. Most new parent anxieties are centered around the same themes:

"I'M NOT GOOD ENOUGH."

Blog and social media posts are constant reminders that the world is full of perfect parents and we're not among them. We often wonder if we're reading to our children enough, if we're socializing them enough, and if we're doing enough to aid in their physical, mental, emotional, and spiritual development.

But the truth is: You are more than enough.

God has entrusted you with this child for a reason. Trust that He will lead you in his or her upbringing. You are everything your child needs . . .

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