

**BIBLE STORY**

**EXODUS 17:8-13**

Aaron helps his brother, Moses, by holding his arms up when Moses gets tired.

**SAY THIS**

**WHO HELPS YOU DO BIG THINGS?  
GOD HELPS YOU DO BIG THINGS.**

**DO THIS**



**MORNING TIME**

When you go into your child's room this month, say, "Good morning, [child's name]! Are you ready to do big things today? We have God to help us!"



**DRIVE TIME**

As you drive, talk about the big things your child will do when you get where you're going. "You have big things to do when we get to the park, like [go down the slide / ride our bikes]. Who helps you do big things?" Then say together, "God helps me do big things!"



**CUDDLE TIME**

Cuddle with your child and pray, "Dear God, thank You for helping [child's name] do big things, like (list things your child did today). I am so thankful [child's name] has You to help [him/her]. You are amazing, God, and we love You. In Jesus' name, amen."



**BATH TIME**

While bathing your child, add a big plastic bowl and several little bath toys to the water. Tell your child to find all of the little toys and put them inside the big bowl. Talk about how the toys are little and the bowl is big. Put the toys back in the water and play again! As you dry your child off, say, "God made you to do big things, and He will always be with you to help you."

**HELPING YOUR PRESCHOOLER NAVIGATE THEIR EMOTIONS**

By Liz Hansen

For a toddler or preschooler, every single day is packed with brand-new experiences.

The sensation of swinging so high you may just kick a cloud. A set of toy train tracks that click together in dozens of ways. Burrowing tiny fingers and toes into white, silky sand.

These fresh discoveries bring your child intense delight on a daily basis. But the flip side is true, too.

When the swing stops, they may never fly again.

When the orange is finished, will there ever be another?

A bee sting might just hurt for the rest of their lives.

And when you present a waffle with peanut butter instead of syrup, it is quite possible the world will end right then and there.

When you or I have a rough day, we have a track record. Frustrating as it may be to spend a whole day on a project that gets scrapped, we know tomorrow still has the potential to be a good day.

Preschoolers simply don't have the life experience to see past the present instant. Emotion is reality. As far as they are concerned, what they feel in the moment is how they will feel always-and-forever-the-end.

You may not be able to fix the sandwich you cut into triangles instead of squares.

But there are a few ways to help your child navigate their sea of intense feelings.

**1. Be a solid, stable presence in the storm.**

Don't discount your child's emotion, but don't be swept up in it yourself.

**2. Once the initial flood of emotion has passed, help your child build perspective.**

Remind them of a time something similar happened—and the results. "You scraped your knee and it hurt for a little bit. But then it made a really cool scab and got all better."

**3. Take the opportunity to show your child that God cares about the smallest moments of our lives.**

At our house, we pray about blisters, a baby brother who likes to grab things, and being sad about having to come inside. It's a great chance for your preschooler to see how God works through prayer, whether it's right away or over time.

In this season, the lows are deep and the highs are over the moon. Keep leaning into the God who chose to experience all those emotions Himself, and you can help weather the storms.

