



SAY THIS:

Who made everything?
GOD MADE EVERYTHING.



DO THIS:



MORNING TIME

When you go into your baby's room, say, "Good morning, [child's name]! God made the sun shine in the sky so we know it's time to wake up."



FEEDING TIME

While feeding your baby this month, say to your child, "God saw the trees He had made. And it was good. God saw the puppy dogs He had made. And it was good. God saw the stars He had made. And it was good. God saw [child's name] He had made. And he/she was very good."



CUDDLE TIME

Cuddle with your baby this month and pray, "Dear God, Help me to remember that the One who made the sun, moon, and stars is also the One who made this baby in my arms. Please give me the wisdom to keep pointing him/her to You. I love You, God. In Jesus' name, amen."



BATH TIME

While bathing your baby, sing "Twinkle, Twinkle, Little Star." As you dry and dress your baby, tell him/her: "God made all the stars in the sky, and God made you!" Touch your child's nose when you say "you."

BASIC TRUTH:

GOD MADE ME.

CONFESSIONS OF AN INSECURE MOM

By Sarah Piercy

The comments started the day I found out I was pregnant. At first, I appreciated different perspectives and anything off-color just rolled off my back:

- Cloth diapers are inconvenient. Disposable diapers have chemicals.
- He should sleep on his back. He should sleep on his tummy.
- He needs the sun for vitamin D. But don't go in the sun, take a supplement.
- Wear sunscreen. Don't wear sunscreen.
- Cry it out. Use a schedule. Don't cry it out. Don't schedule. Let him be a kid, do your thing.

The list is almost limitless. But you know where this leaves me as a new mom after my first year? Incredibly insecure. No matter what I do. Or don't do. I'm a failure.

SO HOW DO WE OVERCOME INSECURITY?

1. BE OPEN-HANDED

I have to acknowledge that, while I am doing the best I can with the information and resources I have, I don't know everything. I may learn or discover something that causes me to change. And that's okay. That's good.

2. BE CURIOUS

Ask questions. Seek to understand alternate opinions (judgment-free). We don't have to agree with everything to ask thoughtful questions with the intention of understanding one another. It shows respect. And humility.

3. BE DISCERNING

Identify what lies you are believing. One

of my mentors says we need to "clean out our truth drawer regularly. We all have a drawer full of things we have decided are true. But sometimes stuff gets into it that isn't true. "I'm a bad parent if someone doesn't agree with something I'm doing" is one of the lies that got into mine.

What are you keeping in your truth drawer that shouldn't be there?

4. BE PERCEPTIVE

Look for the big picture. I'm going to fail as a parent sometimes. My boy doesn't have a perfect mother (try as I may). But I am reminded "there is a Perfect that I am not."

That perfect is Jesus, my Heavenly Father. He is loving me and my family unconditionally. Where my human capacity ends, God's doesn't. He gives me strength where I am weak, and He loves my family in ways I can't.

Whether I'm eating organic, wearing toxic sunscreen, or letting my boy chew on my cell phone . . . I'm a work in progress. And that's OKAY. Because "the Perfect that I am not" loves me, is with me and is making me new.

(Adapted for length. Read the original on theParentCue.org)



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