

BASIC TRUTH

GOD MADE ME

**SAY
THIS**

**WHO MADE ME?
GOD MADE ME!**

DO THIS



MORNING TIME

As you help your child get dressed in the morning, place a mirror on a low table or stand in front of a full length mirror and let your child look at him/herself. Talk with your child about what he/she sees. Point out the color of their eyes, the color of their hair, and what makes them special. Remind them that "God made me."



FEEDING TIME

During meals this month, use your 5 senses to enjoy your food. You can say, "God gave us noses to smell with. How does [food item] smell? God gave us tongues to taste. Yum! [food item] tastes great/sweet/juicy. God gave us fingers to grab. Can you pick up this tiny [food item]?"



CUDDLE TIME

Cuddle up with your child this month and look at a family picture together. Point to each person in the family and describe them. Say, "This is mommy. God made mommy! This is daddy. God made daddy! This [brother/sister's name]. God made [brother/sister's name]! This is you. God made you! God made our family and God made you.



BATH TIME

As you wash your child during bath time, say, "God made everything! God made you! God made your eyes. Where are your eyes? God made your nose. Where is your nose? God made your mouth. Where is your mouth?" (Continue as long as they are interested- hands, fingers, feet, toes, belly, knees, etc.)

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