



MONTHLY NEWSLETTER

YOUR CHILD IS
1 YEAR OLD
THIS MONTH



YOUR DEVELOPING CHILD

Looking back, looking ahead

You will celebrate your baby's first birthday this month! Seize the opportunity to view pictures, watch videos, and share stories about the many ways your child has developed in their first year. In the midst of marveling about your little one, consider all the ways you may have woven faith formation into their physical, cognitive, social, and emotional development.

- Your child has heard God's name in Bible stories and prayers.
- Your child has seen Jesus pictured in a story Bible.
- Your child may recognize friendly faces in your church community.
- Your child may make connections to Bible stories while playing with nativity sets, Noah's ark, or animal pairs.
- Your child may fold their hands or bow their head as you say prayers before meals and at bedtime.
- Your child has heard a faith-based song like "Jesus Loves Me."

If you haven't introduced these faith-based routines into your family life, don't fret! It's never too late to start faith traditions in ways that have meaning for your family. No matter what you're able to fit into your busy family life, know that you are a witness to your child about God's love for us.





GROWING IN FAITH

O give thanks!

As your child's first birthday approaches, you may be planning a party. How exciting! In the midst of shopping for gifts, cake, and decorations, be sure to add "Give thanks" to your birthday to-do list. In fact, put "Give thanks" at the top of the list!

Birthdays remind us that all the days, weeks, months, and years of our lives are in God's hands. We are children of a God who is present with us in all of life's milestones. That's worth celebrating!

At some point on your child's first birthday, place your hands gently on their head and share a prayer of thanks and blessing. (You can use the Bible verse below.)

O give thanks to the LORD, for he is good; his steadfast love endures forever!—Psalm 118:1



JUST FOR YOU

Who your child is becoming

For the first few months of life, your baby had only the most rudimentary survival skills: squawking when hungry, tired, or wet. Thankfully, God created your child to be so adorable—at least to you!—that you were more than willing to meet all those needs.

Now, though, your little one is developing new skills. They're reaching for anything they can get their hands on. They're making funny expressions. They're moving toward things they should and should not touch! And when you post a funny story on Facebook or tell a grandparent about what your baby did, you swear you will remember the moment forever. And you might.

But consider keeping a journal by your bedside or on your phone to jot down some of the moments you'd like to remember when your child is eight and eighteen and twenty-eight. This isn't meant to be an oppressive obligation to make you feel pressured to capture every word. (If it is, don't do it!) Think of it more as a loose sketch you can one day share with your child. It can become a tool that allows the two of you to notice together, "Hey, you made up some clever words," or "You loved building from the time you could stack blocks," or "You were remarkably physically agile!"

These little notes aren't just fun reminders to pull out down the road. They can help you be mindful of all the ways your child is becoming their own person. As you come to the end of this first year with your baby, they can be a wonderful reminder that you are witness to a miracle—a child of God is growing up, right in front of you.

