



**SAY THIS:**  
Who does Jesus love?  
**JESUS LOVES EVERYONE.**

**DO THIS:**

**MORNING TIME**

When you go into your baby's room, say, "Good morning! I see someone Jesus loves!" Pick up your child. "Jesus loves you soooo much!"

**FEEDING TIME**

While feeding your baby this month, name all of the people who love him/her. Say, "Mommy loves you and Daddy loves you and Grandma loves you and Grandpa loves you and . . . (end with) Jesus loves you!"

**CUDDLE TIME**

Cuddle with your baby this month and pray, "Dear God, I pray [baby's name] will always trust how much Jesus loves him/her. I pray he/she will grow up to love others the way Jesus loves him/her. Help me model for him/her what it looks like to love others the way Jesus loves us. I love You, God. In Jesus' name, amen."

**BATH TIME**

Sing the following words to the tune of *London Bridge* as you bathe your baby: "Love each other as I love you. I love you. I love you. Love each other as I love you. Jesus loves you!"

**BASIC TRUTH:****JESUS WANTS TO BE MY FRIEND FOREVER.**

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### HOW YOU LOVE A BABY

By Kristen Ivy

You love your baby. You might even be surprised by how deeply you love her. In fact, there is a good chance this past year redefined how you think about love entirely. But if you want your child to grow up knowing you love her, you will have to prove it over time. Every kid needs adults who love them in a way that convinces them they are worth something. And the way you consistently prove love over time will give your child a healthy sense of worth. One way to prove your love is to show up.

It's hard not to show up—especially when your baby is utterly dependent on you just to eat, sleep, and stay reasonably clean. Besides, if you don't show up fast enough, your baby's built-in alarm system may activate and alert the entire neighborhood.

Don't underestimate the significance of your physical presence. It's more than just deactivating their crying. Even though your three-month-old may not say "thank you" or make you a special card to celebrate your efforts, the attention you give now is making physiological and a psychological difference that will impact her future.

Brain research shows the more consistently a baby receives loving support—especially during times of stress—the larger and

more developed the social portion of a baby's brain becomes. Psychological studies show that the more consistently a parent shows up and responds to their baby, the more trusting the child will be in later phases. Spiritual development suggests establishing trust in early years lays a foundation for later faith.

Simply put: You cannot give your baby too much love. So keep showing up. You are giving your baby the love they need every time you . . .

- smile and make eye contact.
- touch your nose to their nose.
- make silly faces.
- wiggle their toes.
- imitate their babbles.
- sing a lullaby.
- give them a shoulder to sleep on.
- show up to let them know you care.



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