

THE Friend

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THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

For Parents of Little Ones



Here are three more ways to help children have positive experiences with prayer.

■ Ask your child to tell you one thing that makes him or her happy. Then pray together in thanks for just that one thing. This can help children remember where blessings come from and shows them that prayers don't have to be long.

■ During family prayer, thank Heavenly Father for your children and the good things they bring to your family. Be specific. When children feel your love during prayer, their hearts will be open to feeling Heavenly Father's love too.

You can read past letters at FriendFPLO.Ids.org.

■ When a child asks you to find a lost toy, pray together for help. Children often feel Heavenly Father's love when He guides them to find lost things.

You've probably noticed your little ones' attention—and feet—wandering during family prayer.

It's easier to teach children *how* to act during prayer when they understand *why*. Why should they stop looking at books and close their eyes? Why should they stop reaching for their dinner and fold their arms?

You can explain that prayer is a special time when we give Heavenly Father all our attention. This shows our love for Him. And when we're reverent, we feel His love for us and know He is watching over us.





“I’m trying to be like Jesus;
I’m following in his ways.”
—*Children’s Songbook*, 78

Caleb's Bedtime Prayer

By Jennifer Maddy



"What should I pray for?" Caleb asked Daddy.



"Pray about what made you happy," Daddy said.



"And you can ask Heavenly Father to help you."



"Thank Thee for sun and friends," Caleb said.



"And please bless my owie."



"In the name of Jesus Christ, amen."

Thank Thee for Everything!

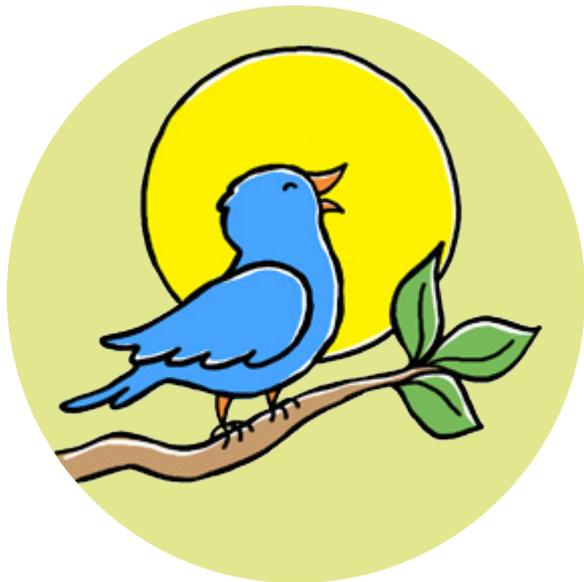
What do you want to thank Heavenly Father for today?



Thank Thee for the
world so sweet;



Thank Thee for the
food we eat;



Thank Thee for the
birds that sing;



Thank Thee, God,
for everything!

Alma Teaches How to Pray



Alma the Younger and others went to teach the Zoramites. The Zoramites did not believe in Jesus Christ. They did not remember the right way to pray.

Once a week the Zoramites climbed a tall stand. They held their arms up high and prayed. They said that they were more special than other people. Everyone said the same prayer.





The Zoramites prayed only when they climbed the stand. They didn't think about Heavenly Father or pray to Him at home or anywhere else.



Alma taught the people that they could pray anytime and anywhere. They could pray about anything, and Heavenly Father would help them.



We can pray the way Alma taught. We can pray anytime and anywhere. We can even pray silently in our heart. Heavenly Father will always hear us! ◆

I Can Be Reverent



My name is Olivia. I'm six. My brother Grayson is four. We like to go to the park with Mom. My favorite part is the swing. When I stretch my toes, I can almost reach the trees!

I watch the other kids chase each other. It looks like fun, but I don't play with them. I just swing and watch and imagine.

The other kids are playing with

their brothers and sisters. I wish Grayson could run and play with me, but he can't walk or talk. He sits in his wheelchair next to Mom. He watches the kids playing too. And he watches me swing. He smiles when I go high.

Yesterday Mom found a new park. I ran to the swings. I saw the kids playing below, and I started to wish again. I closed my eyes.



Suddenly I was flying an airplane! I was flying the other kids to visit Grayson.

I felt the swing go up and down. It felt like a ship—a pirate ship! Now Grayson and I were sailing across the ocean, looking for treasure. He steered the ship. I read the map.

I heard Grayson laugh. I opened my eyes and looked at the bench. But Grayson wasn't there. Mom had put him next to me in a big red swing!

Mom pushed the swing. Grayson laughed and *whooshed* through the air. We were swinging and laughing together!

Finally we stopped. I looked at Mom and said, "I'm glad Heavenly Father gave me Grayson for a brother." ♦

The author lives in Texas, USA.



ILLUSTRATION BY BRAD TEARE

Adventures with Grayson

By Erin Goodman
(Based on a true story)