

the Friend junior



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

For Parents of Little Ones

Happy, sad, angry, excited—your child is experiencing a lot of feelings in that little body! Sometimes it can be tempting to sing, “No one likes a frowning face” and expect smiles all around. But young children need help understanding their feelings.



Here are some ideas to help your child talk about feelings:

□ Draw or print faces that show different emotions. Tape them to craft sticks. Tell your child different scenarios and ask how he or she would feel. Your little one will love finding the right face. Try to go beyond just happy or sad—include emotions like nervous, angry, excited, or embarrassed.

□ Listen to music that inspires different emotions and dance along with what you hear. For example, try “Flight of the Bumblebee” for a busy feeling, *William Tell Overture* for excitement, or “Clair de lune” for peace.

□ Look at picture books together. What emotions do the characters feel? How do they act? Talk about what your kids can do when they feel sad or mad, like stomping three times, scribbling on a paper, or saying a prayer for help.

□ Cut out a paper doll chain. Ask, “What color would you use for sad? Happy? Mad?” Have your child color each doll a different color. Then fold up the chain and explain, “Even when you feel lots of different things, you are still you! Are different feelings OK? Yes, they are!”

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

Hi, Friends!



Cooper, age 4, Ontario, Canada



We shared our balls and shovels with the kids at the playground, which made them happy!

Alfie and Oliver, ages 3 and 5,
New York, USA



My big sister reads me the *Friend Junior*. I really love the *Friend*!
Jocelyn, age 5, Washington, USA



I like to help my mother sweep the house!
Lucy, age 5, Rivers State, Nigeria

Stacie's Puppy

By Jennifer Maddy



Stacie has a new puppy!



She makes sure the puppy has enough to eat.



Stacie takes her puppy for a walk.



There are lots of toys to clean up!



Stacie gives her puppy a drink.



Taking care of a pet is hard work,
but Stacie gets the job done!

I Can Learn to Do Many Things!

Point to the things you know how to do.
Now circle one thing you are still learning to do.



Remember that you can pray and ask Heavenly Father for help learning new things. He loves you and wants to help you!

Moses Follows God

By Kim Webb Reid



One day an Egyptian princess found a Hebrew baby in a basket. She named him Moses and raised him to become a prince.

When Moses grew up, he didn't like the way the Egyptians treated the Hebrews, their slaves. When Moses stood up for them, the Egyptians wanted to kill him. Moses had to run away. Then God told him to go back and free the Hebrew people.



Moses asked Pharaoh, the king of Egypt, to let the Hebrew people go. Pharaoh said no. God helped Moses curse the land so Pharaoh would change his mind. Flies, lice, and then frogs filled Egypt. Finally Pharaoh said the slaves could leave.



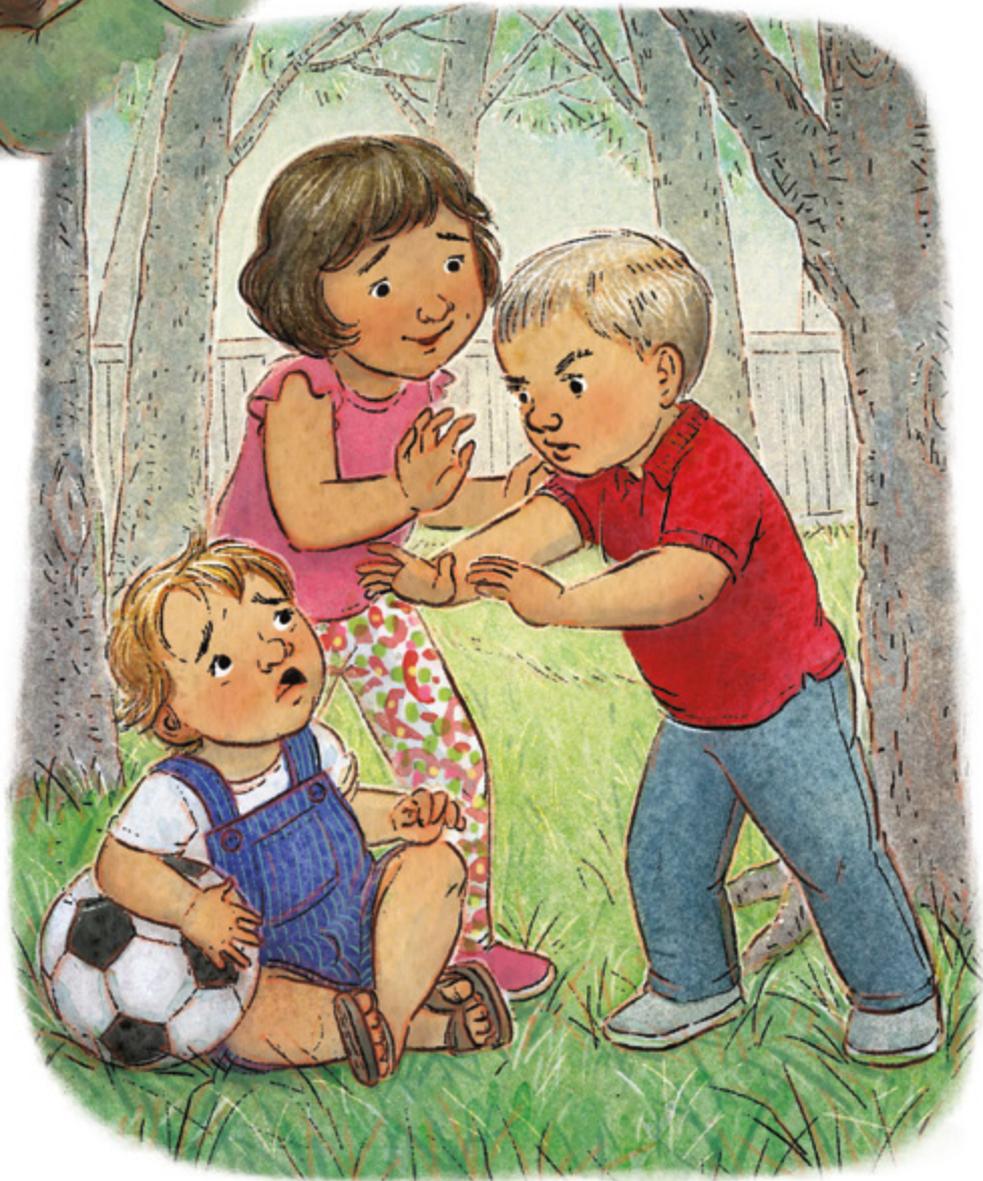
As the Hebrews were leaving, Pharaoh changed his mind and sent his army after them. When Moses's people came to the Red Sea, God made a dry path through the sea so they could escape.



God gave Moses the Ten Commandments. Moses taught them to the people as they traveled toward the promised land. Finally they were safe and free!

I can be like Moses.
I can follow the commandments.
God will help me
when I stand up
for those who
need help. ●

From Exodus 2-34.



COLORING PAGE

I Can Be a Peacemaker



ILLUSTRATION BY APRYL STOTT

Funny Faces for Nathan

By Breanne Richards

(Based on a true story)

Cameron and Mom did everything together. They read stories. They played with blocks. They had fun.

Then Nathan came. Nathan was Cameron's new baby brother. Nathan changed everything.

"Mom," Cameron said, "can we go to the park?"

"Not now," Mom said. She was trying to feed Nathan. Milk dribbled down Nathan's chin.

"Maybe later," Mom said. "Right now, Nathan needs his nap."

Mom used to spend all day with me, Cameron thought. Now she was always busy with Nathan. *Nathan. Nathan. Nathan.*

A few days later, Mom needed to do laundry. She asked Cameron to watch Nathan. Cameron didn't want to. He sat down slowly next

to his brother.

Soon Nathan started crying. He wouldn't stop. Cameron wanted to call Mom. Then he had an idea. He made silly faces. Nathan laughed!

Mom came back in the room. "Good," she said. "Nathan's feeling better."





“I helped him stop crying!”
Cameron said.

“Thank you,” Mom said.

“I like it when Nathan laughs!”
Cameron said.

Mom smiled. “And I like it when both of my boys are happy! I love you and Nathan.”

Now Cameron smiled. Mom loved *him* too. Cameron didn’t feel sad anymore.

The next day Cameron helped Mom get Nathan dressed. He held

Nathan. He sang to him. He patted his back. And when Nathan got tired, Cameron helped put him down for a nap.

Cameron liked helping. It felt good.

“Want to read a book while Nathan is sleeping?” Mom asked.

“Yes,” Cameron said. “And can we read one when he wakes up?”

Having a little brother was turning out to be fun after all! ●

The author lives in Utah, USA.