



DEAR PARENTS,

Help your children learn about their family history!
You can start with some ideas from these pages:

- “Let’s Invite Everyone” (pages 12–13)
- “Helaman Wonders” (pages 20–21)
- “A Book about Me” (pages 24–25)
- “Tell Me an Adventure” (page 46–47)

Now share some of your family stories with
your children!

With love,
The *Friend*



**PLEASE SEND YOUR
SUBMISSION TO:**

Friend Magazine
50 E. North Temple St., Rm. 2393
Salt Lake City, UT, USA 84150-0024
Or email: friend@ChurchofJesusChrist.org

The following information and permission must be included:

First and last name		
Age	Boy / Girl	State / Province / Region, Country

I give my permission to The Church of Jesus Christ of Latter-day Saints to use my child's submission and photo on the Church websites and social media platforms as well as for Church reports, print products, video, publications, and training materials.

Signature of parent or legal guardian	Date
Email of parent or legal guardian	

May the *Friend* contact you with a survey?

 YES

 NO
