



DEAR PARENTS,

As your children grow up, they will face new challenges. They might feel worried or sad. You can help them deal with these feelings. Remind them that no matter what, Heavenly Father loves and understands them. You can start by reading the story on page 38 with them. Then talk about ideas from page 36.

With love,
The *Friend*



READING TIP

After you read a story with your child, ask them to act out an important part.



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