



## WEEK FIVE

**2 SAMUEL 6:5, 14;**  
**PSALM 149:1-5**

David praises God with singing, dancing, and playing instruments.

## SAY THIS

**WHO CAN HELP YOU?**  
**GOD CAN HELP ME.**

## DO THIS



## CUDDLE TIME

Cuddle up with your child this month and pray, "Dear God, thank You for being with me as a parent. I know I am not alone because You are always there to help me. [Child's name] is watching and I want to be a good example of what it looks like to love You and love people. I need You and love You always. In Jesus' name, amen."

## REMEMBER THIS

"We have the Lord our God to help us."  
2 Chronicles 32:8 NLT

## BASIC TRUTH

**GOD LOVES ME**

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## SMILE

by Autumn Ward

When was the last time your kids heard you laugh uncontrollably? Watched you totally let go and have fun? If you can't remember, don't feel bad. You're not alone.

If we all pulled back the curtain, we would probably see some pretty worn down parents. We're running kids around, washing clothes, working jobs, managing homes, paying bills, cutting grass... doing all the stuff we have to do. Then, when the time comes to have a little fun, we're content to just sit in a chair and watch.

Maybe we watch because we're tired. Or because that's what our parents did with us. Or that's just kind of our personality. Whatever the reason, I want to encourage you to get out of the chair.

- Draw with your kids on the driveway with sidewalk chalk.
- Do cannonballs into the pool.
- Turn up the music and dance in the living room.
- Jump waves at the beach.
- Throw the ball.
- Sing along to the radio.
- Jump in the leaves.
- Be the first to tell a joke.

- And please ride the roller coaster.

Imagine a memory box sitting in your kids' hearts. These are the days of filling that box. Your kids will carry these memories with them for the rest of their lives.

What kind of memories are you putting in your kids' box?

I know it sounds odd to have to remind ourselves to smile, laugh, and have fun, but the days are full, and they go by so quickly. Just take the reminder and do whatever it takes to remember.

Write "SMILE" on your bathroom mirror with a dry erase marker.

Write it on a piece of masking tape and tape it to your dashboard.

Write it on a piece of paper and put in on your fridge with a magnet.

Whatever it takes to get you out of the chair.

Now go have some fun. Enjoy your kids. Make a memory.

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