



**WEEK ONE**

**EXODUS 20**

God gives His people rules to follow.

**SAY  
THIS**

**WHO CAN YOU THANK  
FOR EVERYTHING?**

**I CAN THANK GOD  
FOR EVERYTHING.**

**DO  
THIS**



**MORNING TIME**

When you go in your child's room this month say, "Good morning, [child's name]! Who does Mommy/Daddy love? Mommy/Daddy loves you!" Tickle your child's tummy. "I'm so thankful God gave you to me!"

**REMEMBER THIS**

"I will give thanks to the Lord with my whole heart."

Psalm 111:1

**BASIC  
TRUTH**

**GOD MADE ME**

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Parenting is hard. Just when you think you understand your child, everything changes. Then, you have to get re-acquainted with them and figure out a new way to parent. It might be helpful to know that every child at every phase is asking a unique and fundamental question. How you answer that question for your child will communicate the one thing they need most: LOVE.

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This is an excerpt from the phase guide:  
*Parenting Your Two-Year-Old* by Kristen Ivy and Reggie Joiner.

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### The Question Your Preschooler is Asking

Life for your preschooler can be confusing. It's okay to throw a ball, but not a rock. You can hug your friend, but not squeeze his neck. Your preschooler is learning the rules for life and encountering some necessary discipline.

Your preschooler is asking one major question:  
"AM I OKAY?"

Your preschooler needs to know you love them—even when they make bad choices. As the parent of a kid who may test your limits on a daily (or hourly) basis, you may feel overwhelmed at times. But

remember this, in order to give your preschooler the love and discipline they need, you need to do one thing: EMBRACE their physical needs.

When you embrace your preschooler's needs, you . . . communicate that they are safe, establish that the world can be trusted, and demonstrate that they are worth loving.

You are probably doing more than you realize to show your preschooler how much you love them.

What are the ways you already show up consistently to meet their physical needs?

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