

BASIC TRUTH

GOD LOVES ME

SAY THIS

WHOSE WAY IS PERFECT?
GOD'S WAY IS PERFECT.

DO THIS



MORNING TIME

When you go into your baby's room this month, say, "Good morning, [child's name]! Mommy loves you and Daddy loves you and (repeat with names of family and friends) and God loves you SOOOOOO much!"



FEEDING TIME

While feeding your baby this month, say, "One, two, I love you. Three, four, God loves you more!" Repeat.



CUDDLE TIME

Cuddle up with your baby this month and pray, "Dear God, You are perfect. Your way is perfect. Please help me follow Your way so I can lead [child's name] to follow Your way. When Your way is hard or I am afraid or when I don't understand, just help me remember Your way is perfect. I love You, God. In Jesus' name, amen."



BATH TIME

While bathing your child, sing to the tune of "Here We Go 'Round the Mulberry Bush." "This is the way we [wash our hair], [wash our hair], [wash our hair]. This is the way we [wash our hair]. God's way is perfect." Insert different bathtime actions each time you sing.

THE TRUTH ABOUT THE BABY PHASE

By Holly Crawshaw

Becoming a parent is one of those experiences in life where basically every cliché is true: *It goes so fast. You'll miss this. Just wait until they're walking/talking/teenagers. They'll grow out of it. It will get easier.* At Parent Cue, we say something similar: *It's just a phase. So don't miss it.*

It's true. The baby phase passes. Even on the days that seem like they'll never end, time is moving; we can't slow it down, and we can't get it back. But, can I tell you a secret? *I don't love the baby phase.* I've had three daughters and am beyond grateful for each one. I've lost a pregnancy, and I know what a blessing it is to hold a child and know they're yours forever. There is no greater feeling on this side of heaven.

But I still don't love the baby phase. (Insert shrugging emoji here.) And you know what? That's okay. I can love my baby and be present with my children and still not be in love with the baby phase. Because let's be honest—newborns are hard—really hard. You're sleepy. You've got spit up on your shirt. For some of us, our hormones are completely lop-sided. And, you can't remember the last time you took a shower. It's okay if the gross and exhausting bothers you.

Everyone tells us to enjoy these days; to savor them; that we'll be sad when they're over. And maybe for some parts of the baby phase, that's true. Baby skin is incredibly soft. Babies (can) smell delicious. Babies do bring with them a certain type of magic. But then you find yourself in the parking lot with a diaper blow out that destroys their outfit *and* yours, and you look in the mirror and see puffy eyes and greasy hair, and you feel lonely and overwhelmed. . . . IT'S OKAY TO NOT BE OKAY IN THAT MOMENT.

I am not "missing" my daughters in any phase. I appreciate the easy parts and try to learn from the hard parts. But I won't pretend the sweat dripping from my brow is a glow—it's sweat—hard-earned sweat. So the next time you're hiding in the pantry or closet, desperate for your newborn TO KNOCK IT OFF WITH THE UNEXPLAINED SCREAMING, just know you're not alone. It is a phase. You definitely don't want to miss it. But that doesn't mean you have to always like it.

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