



Gospel Light®

HOME DISCUSSION GUIDE
for ages infant-36 months

WINTER A
Lesson 10

Meeting Your Child's Needs

*I lie down and sleep; I wake again,
because the Lord sustains me.*

Psalm 3:5

My toddlers would sometimes fight naptime, even though they needed sleep during the day. Even when they outgrew the afternoon nap, they were happier after a quiet time. We had a simple routine to help them quiet themselves and then they usually fell asleep, too. I played the same classical music (which they soon associated with resting). Darkening the room, talking in a low, quiet voice and giving a slow back rub also helped. I'd say, **God made your body to rest so it can play some more later.**

Try This:

We made our own Rainbow Eating Guide by drawing a rainbow on paper. I told my toddler, **God gave us colorful food. Let's eat our colors! We can eat red apples, orange carrots, yellow squash, green beans, blue berries and purple grapes!** Every day we would see how many rainbow colors we could eat!