



Gospel Light®

HOME DISCUSSION GUIDE
for ages infant-36 months

WINTER A
Lesson 12

Depending on God

I love you, O Lord, my strength.

Psalm 18:1

Living with a toddler can be an adventure of ups and downs! One day my toddler loves to eat and the next day, she's spitting out the very same food. I discovered there might be a reason—other than being a picky eater—that makes her this way. She might still be full from snacks she ate earlier. Maybe she doesn't like the texture or temperature of the food. Or she is just enjoying my reactions to her resistance. Because I love her, I keep trying to give her a variety of foods for new experiences and for her health. Every day I need to pray, **Lord, be my strength!**

Try This:

When I can, I let my toddler be creative with her food. I give her a cookie cutter to cut her sandwich into a fun shape. I put cottage cheese or yogurt in an ice cream cone and let her add raisins and granola to the top. I help her put pieces of food on a craft stick for a fun kabob. I say, **Mom and Dad love you and want you to eat good things. Look at the good food God made for you!**