

## BASIC TRUTH

**JESUS WANTS TO BE  
MY FRIEND FOREVER**

## SAY THIS

**WHO GIVES YOU THE POWER  
TO DO EVERYTHING?  
JESUS GIVES YOU THE POWER  
TO DO EVERYTHING.**

## DO THIS



### MORNING TIME

When you go into your baby's room this month, say, "Good morning! I see someone I love THIS much! It's YOU! I love you!" Open your arms out wide when you say, "THIS," touch your baby's nose or belly when you say, "YOU," and then pick your baby up and cuddle him/her when you say, "I love you."



### FEEDING TIME

Each time you feed your baby this month, say, "Eat up sweet [baby's name] so you can grow big and strong. Food helps you power up. And when you follow Jesus, Jesus will give you the power to do everything!"



### CUDDLE TIME

Cuddle with your baby this month and pray, "Dear God, I pray [baby's name] will grow up believing that Jesus can give him/her the power to do everything you want him/her to do. I pray he/she will follow Jesus and they will be friends forever. I love You, God. In Jesus' name, amen."



### BATH TIME

While bathing your baby, sing the following words to the tune of "Where Is Thumbkin": "Jesus gives me power. Jesus gives me power to do everything, to do everything. Jesus gives me power. Jesus gives me power to do everything, to do everything."

## 6 WAYS NEW DADS CAN BOND WITH THEIR NEWBORNS

By Robert Carnes

When we announced my wife was pregnant, people told me how much I would love my daughter, and the love I would experience when I held her for the first time. Then, the big day came and my little girl was born. I was certainly filled with wonder and amazement at the miracle of life, but I didn't feel an instant connection with her. I wasn't overcome with emotion or a sudden infusion of paternal instincts. I didn't really feel like a dad just yet. This was a struggle that I didn't expect. But I know I'm not alone. Maybe you feel the same way.

I wasn't sure how I was supposed to bond with my baby girl—in fact, I'm still not sure; I'm still learning. But I wanted to share what I'd discovered so far when it comes to bonding with your child as a new dad.

### 1. Hold Them

Before I became a father, I didn't really understand the appeal of holding babies. Now that I'm a dad, holding my newborn daughter is one of the easiest ways I can spend time with her and form a bond.

### 2. Walk With Them

Not only does this give you a chance to stay active, it also gives your little one some much needed fresh air and vitamin D. Exercise releases endorphins in your brain, which keeps you positive

and happy. Associating your baby with these feelings only makes the two of you closer.

### 3. Talk To Them

The more you talk to them, the sooner they'll recognize your voice and feel a connection with you. And the sooner they will say "Dada."

### 4. Read To Them

Believe it or not, my newborn daughter can't read yet (give her a few months). She can't even understand when I'm reading to her. But it still makes a big difference in her cognitive development. Not only that, it's something special I get to do with her.

### 5. Read About Them

The more I understand my child, the better connected I will be to her. Taking the time to learn about her development will help me become a better father.

### 6. Change Them

No, I'm not just talking about molding their little minds. I'm referring to diapers here. So pitch in to help with diaper duty. This may be the smelliest way to bond, but it's nevertheless effective.

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