



*for ages infant-36 months*

## MY FAMILY LOVES ME



### **This Week's Verse:**

*Do everything in love.*

1 Corinthians [16:14](#)

I love those special routines I share with my kids. Bedtime is a special time for sharing family love. Include hugs and kisses as part of your bedtime routine. One we like to do is, **I hug you one time. I kiss you two times. You hug me one time. You kiss me two times. Night, night. I love you. See you in the morning!**

### **Try This:**

When our toddler would get tired around bedtime, she would get more and more active, sometimes even spinning in circles! Then it was hard to get her to settle down. At the first sign of these behaviors, we short-circuited the pattern by moving her toward her bedtime routine, beginning with a bath where she could be active yet begin to settle down for the night.