



## Morning Time

When you go into your child's room, say: "Good morning, [child's name]! Let's go eat breakfast and thank God for our food."



## Drive Time

While on the go, take turns naming food you like to eat. Each time you name something, say, "God is good!"



## Cuddle Time

Cuddle with your child and pray: "God, when we're having a hard day, help us think of things we can thank You for because You are good."



## Bath Time

Add plastic building blocks to bath time. Add plastic food and a spoon to bath time. Stir the food with the spoon in the water together. As you stir, talk about each item and how God gives us food to eat.