



Daily Do-Its/Parent Pointers

By experiencing fun songs, games, and activities based on Mark 4:35-41, your child learned that Jesus helps us when we're afraid. Choose one or more of the following activities to do during the week to reinforce that point.

Infant

Splash Play

Set a dishpan with about one inch of water on a low table. Pour in a capful of liquid baby-bath soap. Hold your baby, and let him or her splash in the soapy water. Sing this song to the tune of "Alouette":

Sing Bubbles, bubbles, lots and lots of bubbles,
Bubbles, bubbles on the stormy sea.
Foamy bubbles here and there,
foamy bubbles everywhere!
Here and there, everywhere! Oh!
Bubbles, bubbles, lots and lots of bubbles,
Bubbles, bubbles on the stormy sea!

Say Jesus helped the disciples when they were afraid. Jesus helps us when we're afraid, too.

Toddler

Float the Boats!

Place a dishpan with about two inches of warm water on a low table. Place a kitchen baster beside the dishpan. Let your toddler float plastic lids in the pan. Show your child how to squeeze the baster to generate a blast of air to blow the lids around. Fill the baster with water, and squirt it into a lid to show what happens to a boat when waves crash over the sides.

Say The men with Jesus were afraid when the storm made the waves crash onto their boat, but Jesus made the waves stop. Jesus helped the men when they were afraid. Jesus helps us when we're afraid, too.

2-Year-Old

Stormy Waters

Spread out a blanket, and have your child sit down and hold on to the edge of the blanket. Hold onto the opposite edge of the blanket. Place a stuffed animal in the center of the blanket. Begin shaking the blanket and blowing softly, like the wind; encourage your child to do the same. During the "storm," tell your child to call out, "Jesus helps us!" Then hold the blanket taut.

Say Jesus helps us when we're afraid.

Here are a few more ideas for helping your child become a FaithWeaver! Use these "fear-buster" tips on a daily basis, or file them away to use if the need ever arises.

- Fear of the dark—purchase a small, unbreakable flashlight, and let your child shine it into a dark closet.
- Fear of animals—purchase a toy version of the animal your child is afraid of. Let your child practice talking to it and gently touching it. (It is appropriate to maintain a healthy fear of animals that can be harmful.)
- Fear of the doctor—help children play through some of this anxiety by playing doctor with dolls.

Handling Fears

In *Christian Parenting and Answers* (Chariot Family Publishing), Kay Kuzma offers some suggestions on how you can help your child cope with fears: • Be an example. • Never force a child into a situation he or she fears. • Talk about fear. • Help your child develop a sense of trust in his parents and in God's protection.

Hand in Hand



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