

Dear Parents/Guardians;

Last month we looked at the Lord's Prayer. This month ends with the Thanksgiving holiday, so it seems appropriate to look at gratitude and thanksgiving.

In his letter to the church at Thessalonica, Paul says, "Always rejoice, constantly pray, in everything give thanks." 1 Thessalonians 5:16a

Studies have shown that people who grateful are more likely to think positively, which leads to less worry and a better night's sleep. (positivepsychology.com/gratitude-research) A better night's sleep is good for everyone: baby, toddler, and parent.

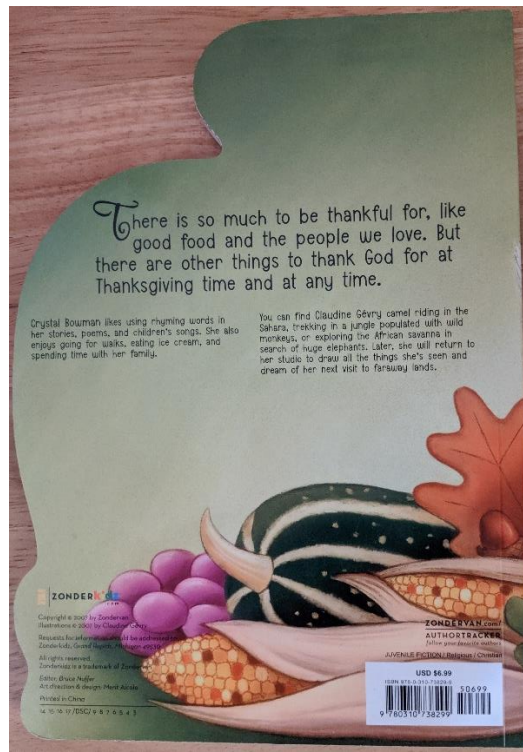
For your children ages 0-3, the packet includes a baby/toddler friendly book with a Thanksgiving Prayer. This is a book that can easily be read daily with your little one.

There is also a Thanksgiving wreath sticker craft that can help your toddler with developing their fine motor skills.

Your sister in Christ,

Brenda Komarinski

Included in the packet was a Thanksgiving wreath sticker craft and the following book:



The book can be purchased at [Amazon.com](https://www.amazon.com)