

# For Parents of Little Ones

**P**raying can be hard for rambunctious toddlers. But a habit of praying will bless them for the rest of their lives! Here are some ideas from parents about helping young children with daily prayer.

“ I taught my kids about prayer by allowing them to see my husband and I pray often. They are in the habit of praying because we are in the habit of praying. Pray anywhere, anytime, and let your children be a part of that. ”

—Megan C.

“ We used a toy apple with five slices to explain the parts of prayer. You could also use your five fingers:

1. Dear Heavenly Father
2. We thank Thee for . . .
3. We ask Thee for . . .
4. In the name of Jesus Christ, amen.
5. Listen. ”

—Jennifer R.

“ I like to ask them one thing they are thankful for and one thing they want to ask for before they pray. That way, they have a sort of script in mind when they start. ”

—Danielle S.

“ Each night, we have one person say family prayer, then every child takes a turn saying their own personal prayer (all together as a family). If we break to go to bed before personal prayers, we’re just not as likely to talk with them about their prayers, or make sure prayers were said at all. ”

—Niki E.



Have a tip for teaching the gospel in your home?  
Send it in! Email us at [friend@ldschurch.org](mailto:friend@ldschurch.org).