

For Parents of Little Ones

Taking the sacrament can be the best part of your week, but young children may see it as just a boring sort of snack time. Help them understand that the sacrament is more than just bread and water; it's about our Savior, Jesus Christ.



Here are some ideas to try:

■ Tell the story of the Last Supper using Luke 22:19–20, or watch “The Last Supper” at Biblevideos.org.

■ Try a simple explanation like this: “Jesus asked us to go to church and remember Him by taking the sacrament. We eat a small piece of bread and drink a small cup of water to remember how much Jesus loves us.”

■ On the way to church, help your children come up with ideas for what they can think about during the sacrament. Remind them of their favorite stories or Primary songs about Jesus.

■ During the sacrament, let your children look at illustrations of the Savior. These pictures can focus your child’s attention and make the stories of Jesus less abstract. Find pictures and stories of Jesus to use at lessonhelps.lds.org. Look under the topic “Jesus Christ.”

▶▶ Find more letters at FPLO.lds.org. ◀◀