



Dear Parents,

Every child should be protected and cared for. Jesus set an example of this in the Book of Mormon, blessing and praying for each child (see pages F20–23). How can we bless and protect the children we know? Here are some ideas:

- We can protect them physically and teach them to respect other people's bodies (pages F12–13).
- We can help protect them spiritually by encouraging them to take the sacrament (pages F2–3).
- We can teach them to ask for help when they need it (pages F14–15).

You could pick one of these messages to read together as a family. Make sure your children know how much they are loved!

We love you,
The *Friend*

SEND YOUR CHILD'S ARTWORK OR EXPERIENCE TO THE *LIAHONA*

Go to liahona.ChurchofJesusChrist.org and click "Submit an Article or Feedback." Or email it to us at liahona@ChurchofJesusChrist.org along with your child's name, age, city, and this permission statement: "I, [insert your name], give permission to The Church of Jesus Christ of Latter-day Saints to use my child's submission in the Church magazines, on Church websites and social media platforms, and possibly in other Church materials." We can't wait to hear from you!



Find the Liahona hidden inside!

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ON THE *FRIEND* COVER
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