

Building faith in your 0 to 1-year-old

There is so much joy in caring for a newborn, as well as tiredness and hard work! It's a precious time, and just being there to care for them and meet their needs is building a foundation of love and trust on which their faith will grow.

There are some significant elements that help children to grow in their faith - here are some ideas for this particular stage of your child's development.



Care for the Family is a Christian initiative to strengthen family life. A registered charity (England and Wales: 1066905; Scotland: SC038497).

cff.org.uk



Home

Babies need to feel loved and safe. Offering warm touch, smiles and eye contact as you meet their physical and emotional needs creates a deep sense of security. You are showing them God's love as you care for them!



Prayer

Pray over your child as they sleep or feed. You can use a scripture that becomes part of your routine. For example, *"The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face towards you and give you peace."* (Numbers 6:24-26)



Be real

Keeping up your own relationship with God can be difficult at this stage. What worked before probably doesn't now! It's important to be kind to yourself and find different ways to connect with God – like listening to the Bible (perhaps while you do something else) instead of reading it, or using the time when pushing the pram to have a conversation with him.

Trust

Babies develop trust as their needs are met and they experience the security of being loved.



Be intentional

Play worship music or speak words of truth over your baby. You will be developing a habit that will change the atmosphere of your home now and into the future.



Inspire a faith that lasts



Belong

Going to church with a baby can be tough (and you may not be able to participate in a service in the way you used to) but relationships are so important. Keep connecting. Church can be the place where you find support and meet others on the same journey. At the same time, your little ones get to experience the love and care of God's family.

The Kitchen Table Project is a faith-based initiative for Christian parents, carers, church leaders and children's workers from Care for the Family.

Check out our website to find out more about the elements that build faith, as well as a variety of books, videos, resources and blog posts. kitchentable.org.uk