



Baby Video Scripts - Invitation to Peace

Why...

Congratulations! Your long wait is over, and you are now a parent! The last nine months have been full of planning and getting ready for the new addition to your family. You read the books, bought the supplies and got the nursery all prepared for your sweet bundle of joy. You had precious images in your head of your little angel and how wonderful and magical life would be...and then you came home from the hospital.

Now your head is swimming: Why are they crying? Why won't they eat? When will they sleep? When will I sleep? Why did they let us bring this baby home anyway? We don't know what we are doing?!

Whether this is your first baby or your fifth, it is a shock to your system and to everyday life as you know it. Being a parent is hard, period. Being a parent of a newborn is incredibly hard. You begin to experience many different emotions, good and bad. Joy, wonder, stress, and guilt, plague your emotions, but one feeling that seems hard to come by is peace. I know what you are thinking. "Peace? What is that? I haven't slept in two days and my brain has stopped working!" Peaceful and crying baby don't usually go in the same sentence, right?

We get it. It is hard to see past the moment you are in right now. The first few months are wonderful, but they can also be overwhelming and exhausting. In the midst

of all the crazy, we want to help you stay grounded and be able to focus on what is truly important.

This year's Family Experience is called "An Invitation to Peace."

We will provide three Kick-starter ideas to help you find peace in the small moments. They will have questions and encouragement for you to think about for this first Family Experience. These are 3 natural occurrences within the day of a baby, which provide the opportunity to be intentional about seeking God's peace. These Kick-starter ideas include cuddle time, bath time, and sleep time. For example, if your baby likes to cuddle, take some time in one of those moments to focus on the fact that God does not leave you, and you are not alone. If bedtime is the least stressful time of day for your child, take some time to reflect on the fact that God never sleeps. He is always watching over you and your little one.

Peaceful occasions with a newborn...sound too good to be true? It's not; you just have to find the moments that work for you, and your baby. We don't want you to miss out on what can be sweet instances for you and your child to experience life together. You know your child better than anyone, and chances are, not all of these occasions would you necessarily classify as "peaceful." However, we are willing to bet at least one of these routines during the day gives you pause to breathe and reflect. This is your



Family Experience for the Baby year. Focus on Peace. You will find ideas that expound upon this in our Parent Guide. Personalize your peaceful time with your child by finding the most peaceful routine during your child's day, and be intentional about remembering God, His love for you, and His great love for this little one. In this you will find peace.