

For Parents of Little Ones

As the Primary song says, “Saturday is a special day. It’s the day we get ready for Sunday” (*Children’s Songbook*, 196). Although we may not brush our clothes or shine our shoes, the song’s message rings true today—preparing on Saturday is the secret to a happier Sunday.



Here are some ideas for getting ready for the Sabbath with your young children:

1. Make a Saturday checklist with tasks little ones can help with. You could include pictures for taking a bath, finding shoes, and laying out clothes, for example. Letting them mark off completed tasks can make kids more eager to cooperate.
2. Create a Sabbath soundtrack. Playing special music signals that this day is different. You can find music at [mormonchannel.org/radio](https://www.mormonchannel.org/radio) or download free music at youth.lds.org.
3. Sunday can feel like a day of “can’t’s” to young children. Instead, talk about things you can and will do, like bake cookies, visit someone, act out scripture stories, or take a walk together.
4. Have everything ready ahead of time for a stress-free morning. Plan an easy breakfast, have the diaper bag ready to go (or even in the car!), and gather materials you may need for a lesson.