

# For Parents of Little Ones

**W**e are so inspired by busy parents who find ways to make holy habits work in their lives. How do you stay spiritually nourished while taking care of young children? Here are ideas from other parents.

“ I find I am most uplifted through music! And when I can pair music and taking care of children together, it's even better. I love singing Primary songs to my kids. We talk about the messages of the songs. This is so nourishing to my own spirituality. ”

—Andrea J.

“ I just have to accept that my study time is going to be short and full of interruptions. I often have a child on my lap or on the chair next to me as I study. I give them something to scribble on and read out loud to them from the scriptures or manual. Sometimes I explain what the verses mean and ask them questions from the book. Some days are better than others. Often I can't even remember what I studied, but I feel blessed for at least making the effort. ”

—Emily J.

“ I downloaded the BYU Speeches podcast and listen while getting ready in the morning, while driving around, and while getting ready for bed. I love it! ”

—Kellee P.

