

Lesson 1

Starting Steps



At This Age

Two year olds are at varying stages of walking and balancing their bodies. It is normal for one child to be taking his first steps while another is starting to run. Here are some activities you can do to strengthen walking skills:

- Take a few steps away from your child. Turn your back to her. When she touches you, turn and say, “Peek-a-boo.” Repeat many times.
- Play “Can You Touch?” Ask, “Can you touch the couch . . . floor . . . me?” Touch the object first. When your child touches it, applaud his action.
- Set time aside to walk, hand-in-hand, with your child.

Faith Activities for Families with Toddlers

Starting Steps is for families to use at home. It encourages you in your faith-journey and parenting. Use the ideas here and on the *Starting Steps* calendar throughout the week to extend and reinforce what your child learned.

Time with God

Have you noticed that many simple tasks in your life have become complex or impossible since you’ve had a two year old? Things like sleeping, eating, and relaxing may have shifted into an “I need it but can’t do it” part of your life.

When Jesus healed a paralytic man, He knew the man also needed forgiveness of sins. Jesus can look in your heart and see what you need. God will find a way to fulfill your needs.

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

—Philippians 4:19

Toddler Tickler

“Sick’n’Twisty”

My son was telling me about the symptoms (burning eyes, sore throat, and dizziness) he was experiencing while he was sick. He said his eyes were growling, his neck hurt, and when he sat up he got twisty.

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Time with Your Toddler

Interactive Bible Story

based on Mark 2:1-12

There was a man who couldn't walk. Four friends took him to see Jesus at a house.

(Hold up four fingers.)

There were so many people that they couldn't see Jesus.

(Shake head no.)

The friends climbed on the roof and dug a hole in it.

(Pretend to climb, then dig.)

They let the man down, through the hole, to Jesus. Jesus told the man to get up and walk.

The man could walk! It was a miracle!

(Walk in place.)

Jesus helped a man who couldn't walk.

These questions can be used to help your child review the Bible story.

1. Who couldn't walk? (A man)
2. Who helped a man who couldn't walk? (Jesus)



Look what I made!

Today your child colored with chalk on coarse paper or fabric.

As you talk with your child about his masterpiece, ask your child what happened when he rubbed the chalk lines.