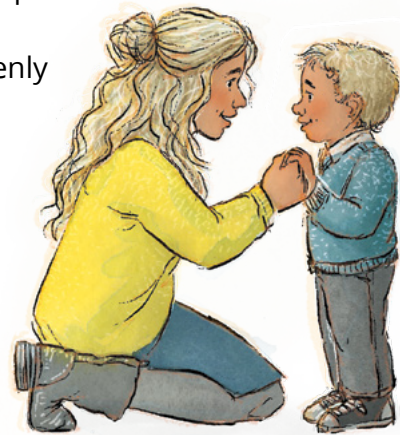




DEAR PARENTS,

Help your children understand that Heavenly Father gave us commandments because He loves us. You can read “Bug Bites and Blessings” (page 10) with them. What’s a rule in your home that keeps your children safe? Talk about how Heavenly Father’s commandments keep us safe and happy. Read the Gospel Basics on page 46. What are other commandments Heavenly Father has blessed us with?

Love,
The *Friend*



HAPPY, HEALTHY KIDS

Look at Davinia’s favorite fruit and vegetable (page 7).
What are your children’s favorites?



PLEASE SEND YOUR SUBMISSION TO:

- Friend Magazine
- 50 E. North Temple St., Rm. 2393
- Salt Lake City, UT, USA 84150-0024
- Or email: friend@ChurchofJesusChrist.org

The following information and permission must be included:

First and last name		
Age	Boy / Girl	State / Province / Region, Country

I give my permission to The Church of Jesus Christ of Latter-day Saints to use my child’s submission and photo on the Church websites and social media platforms as well as for Church reports, print products, video, publications, and training materials.

Signature of parent or legal guardian	Date
Email of parent or legal guardian	

May the *Friend* contact you with a survey?

 YES NO

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