



# DEAR PARENTS,

How do you help your children know what the Holy Ghost feels like? You can use the activity on page 17 and talk about how He often speaks to us through quiet thoughts and feelings. You can also read the story on page 14 and talk about how He can warn us and keep us safe. When we feel the Holy Ghost, we can remember how much Heavenly Father loves us and wants to bless us.

Love,  
The *Friend*



## HAPPY, HEALTHY KIDS

Has your child been scared to try a new food? Read on page 43 about what Olivia did to help!



**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](mailto: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

