



# DEAR PARENTS,

The sacrament is a gift from the Savior to help us remember and follow Him each week. You can read “Clean Again” (page 18) to help your older children think about how the sacrament helps us keep our covenants. With younger children, read “I Can Follow Jesus by Taking the Sacrament” (page 44). Talk about what we do during each part of the sacrament. You could also read the sacrament prayers with your children. Have them hold up a picture of Jesus Christ each time they hear His name. This will help them think of Him during the sacrament.

Love,  
The *Friend*



## HAPPY, HEALTHY KIDS

Read the story about Nyameye’s favorite book (page 30). Have your child pick a book to read with you. Can they tell you the whole story?



**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
<p><b>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.</b></p>		
Signature of parent or legal guardian		Date
Email of parent or legal guardian		

May the *Friend* contact you with a survey?

 YES NO