



DEAR PARENTS,

Do your children need help focusing on the Savior during the sacrament? On pages 15–19, you'll find a message from an Apostle, an activity, and a story that can help your children remember Him with reverence. Help them make the quiet book so they can read it during the sacrament.

The *Friend*



HAPPY, HEALTHY KIDS

You can help your kids feel love and belonging. Read the story on page 10. Then tell them what you love about them and how important they are to your family.



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?

