



## ***Baby Video Scripts - Invitation to Peace***

### **Why...**

Congratulations! Your long wait is over and you are now a parent! The last nine months have been full of planning and getting ready for the new addition to your family. You read the books, bought the supplies and got the nursery all prepared for your sweet bundle of joy. You had precious images in your head of your little angel and how wonderful and magical life would be...and then you came home from the hospital.

Now your head is swimming: Why are they crying? Why won't they eat? When will they sleep? When will I sleep? Why did they let us bring this baby home, we don't know what we are doing?! Whether this is your first baby or your fifth, it is a shock to your system and to everyday life as you know it. Being a parent is hard, period. Being a parent of a newborn is incredibly hard. You begin to experience many different emotions, good and bad. Joy, wonder, stress, exhaustion... one feeling that is hard to come by is peace. I know what you are thinking. "Peace? What is that? I haven't slept in two days and my brain has stopped working!" Peaceful and crying baby don't usually go in the same sentence, right?

We get it. It is hard to see past the moment you are in right now. The first few months are wonderful, but they can also be overwhelming and exhausting. When you reflect on being a parent, sometimes the more difficult aspects of raising a child come

to mind. In the midst of all the crazy, we want to help you stay grounded and able to focus on what is truly important.

We would like to extend an invitation to you. An Invitation to Peace. This time in your child's life will pass by so quickly. You want to be able to look back and know that you were the best parent you could be and that you made the most of the time you had. We want to help you find peace. We will provide you with three kick starters that will go through different daily moments that you share with your baby: cuddle time, bath time and time to sleep. As you hold and cuddle your baby, remember that God does not leave us and you are not alone. Maybe your baby loves bath time and you love that sweet smell that only baby skin possesses. My favorite spot is the top of their little head! Use that time to reflect how we serve a God who calms storms and brings peace. Who hasn't watched a newborn sleep and think "if only I could rest like that". Become inspired by them and rejoice in the fact that God watches over us.

Allow yourself to look past the chaos that can be a daily part of life with a baby and be able to enjoy this stage in their life. These are moments you can't get back and believe it or not you will miss this part one day. Savor the peace can be found in being a parent of a little one.



## **How...**

Peaceful occasions with a newborn...sound too good to be true? It's not, you just have to find the moments that work for you and your baby. We don't want you to miss out on what can be sweet instances for you and your child to experience life together.

The three kick starters showed you how to find peace in daily activities. We know that every family is different. Peaceful moments for some may be stressful for others. Look back on these moments and choose one. The rite of passage will help you to personalize your peaceful time with your child. Find the most peaceful moment. If your baby screams during bath time, clearly that is not the one to choose!

*(Insert your own personal story below)*

*"My son HATED riding in the car at night. He couldn't see me and he cried and screamed. It didn't matter if it was for two minutes or two hours. In a moment of desperation during a long trip home from Christmas at Grandma's house, I began singing The Itsy Bitsy Spider. It was one of his favorites during our playtimes. He immediately began to calm down. I sang that song over and over for nearly an hour until he finally fell asleep. After that night, The Itsy Bitsy Spider became my go-to song to soothe him in those difficult times. It was his song. He loved it and I felt in tune with him when I sang. I look back and realize that some of our most peaceful moments together originated from a very stressful car ride."*

We want you to make the most of this time

when they are little. Many times you see parents on their phone or multitasking when they are with their child. Technology can provide a wonderful escape during the brief flashes of quiet. It can be so easy to become distracted and we understand how busy life can be. However, we want this brief period to be something you cherish. Don't miss out on the potential this time presents you!

You want to be able to look back on their time as a baby and be flooded with joyful, sweet moments. Forget about the chaos and crazy times. Don't look at this stage as "it's only a season, it will pass". Enjoy your life right now! Allow yourself to redefine this age: instead of being stressed and exhausted, find contentment and peace.