

# Building faith in your 3 to 5-year-old

Children are learning lots as they play and there is beauty in their creativity. Their imaginations and physical capabilities are growing and they are beginning to have a sense of time – the past and future. You may find that they swing from being independent to wanting to be cared for as a 'baby'. They are still looking to you as their safe place.

There are some significant elements that help children to grow strong foundations in their faith. Here are some ideas for this particular stage of your child's development.



Care for the Family is a Christian initiative to strengthen family life. A registered charity (England and Wales: 1066905; Scotland: SC038497).

[cff.org.uk](http://cff.org.uk)



## Home

Help your children work through their feelings and emotions by playing with them, giving focused attention and offering language to help them talk about how they feel.



## Prayer

Simple prayers still work well at this stage. A good structure might be 'thank you', 'sorry' and 'help'. You can link those prayers to their growing understanding and encourage them to pray for their family and friends.



## Be real

They love to copy what you are doing, so why not read your Bible in front of them or pray out loud so they can get a glimpse of your relationship with God. They may well join in – and they are seeing what matters to you in a very natural way.

## Identity

As you play and pray, you are building your child's sense of who they are and their great worth in God's eyes.



## Be intentional

At this age children enjoy pretend and imaginative play – you could act out a Bible story together. When they've shared a toy with a friend or sibling, your praise will build their sense of worth. As you say 'that was a kind thing to do', you are building their values around God's character. Share foundational Bible truths in simple ways – who Jesus is, what God is like. Talk to them about who they are – made and loved by God.



Inspire a faith that lasts



## Belong

Spending time with other families from church helps your children develop relationships with their peers but also with adults who can help invest in their faith journey too. You are creating a network of support. Fun and adventure can be built into these times as you do things together with another family (or two!).

The Kitchen Table Project is a faith-based initiative for Christian parents, carers, church leaders and children's workers from Care for the Family.

Check out our website to find out more about the elements that build faith, as well as a variety of books, videos, resources and blog posts. [kitchentable.org.uk](http://kitchentable.org.uk)