



Episcopal
Relief & Development
Working Together for Lasting Change

ONE THOUSAND
DAYS OF LOVE

EASTER EGG HUNT

NUTRITION



PATIENCE



PLAY WITH GROWNUPS



LANGUAGE



PLAYING WITH PEERS



MUSIC



PRAYER



BOND



LISTENING





NUTRITION

Around the world, 155 million young children don't have enough food to eat, and they don't have a doctor to make sure they're healthy. With help from Episcopal Relief & Development, farmers are learning how to build trenches and plant trees while parents are composting, planting kitchen gardens and preparing healthy meals. If there is candy in your Easter eggs, make sure to eat a healthy lunch today.

PATIENCE

Some parents don't have books or computers to teach them how to care for newborn babies. Episcopal Relief & Development is teaching parents what they need to know like patience, the importance of play and how to make good decisions for their children. Ask a grownup about patience and how they are able to practice it today.

PLAY WITH GROWNUPS

Peek-a-boo really is a significant game for young children to play with grownups. Once children learn that something hidden is actually still there, they can learn lots of other things. Peek-a-boo teaches a baby that grownups are still there even when they hide their face. After you have found all the Easter eggs, hide them for your grownup to find.

LANGUAGE

Did you know that a two-year-old child who says 50 words could learn 1000 new words by the time they turn three years old? This is why grownups, brothers, sisters and other family members should talk to babies. When they do, babies learn more words and then can do much better when they go to school. Read an Easter story and retell it to someone in your own words.

PLAYING WITH PEERS

When children play with each other, it helps them make sense of the world. They learn to share, take turns and understand rules by playing games. Playing with other children also helps them learn how to get along with grownups. Call a friend to say Happy Easter!

MUSIC

Music is really important! Music helps children learn language, creativity, coordination, memory, cooperation and positive self-image. When children dance to music, it helps them grow stronger. So, music is good for their bodies and their minds. Sing your favorite song with a grownup today.

PRAYER

Episcopal Relief & Development helps over three million people in nearly 40 countries every year. This happens when people in your church pray for people who need help around the world. That's what the **ONE THOUSAND DAYS OF LOVE** campaign is all about. Say the Prayer for Care of Children in the *Book of Common Prayer* on page 829.

BOND

Newborns and their parents form a deep bond during daily feeding, diapering, cuddling and singing to sleep. A baby needs to learn that they are loved by their parents. Then they can grow up to have happy relationships with others. Tell a grownup you love them today.

LISTENING

When parents listen to children, they feel encouraged, respected, and trusted. Episcopal Relief & Development volunteers help grownups learn to be good listeners. They teach parents to ask children how they're feeling so children can learn to share their thoughts. Tell a grownup how you are feeling today.