

# Chatting to God takeaways

- Prayer is simply sharing your emotions and your words with God as you go about your day. There's no right way to do it. Be honest, be yourself and let God hear all about whatever is going on in your heart and mind. You can pray about anything, anytime, anywhere.
- You can also chat to God about your child. Try doing it out loud sometimes so they know what you are doing and can feel close and connected to you and to God.
- God still parents us, even when we are parents, so go to him and ask for whatever you need.

## Things to think about

What do you like chatting about?

Who do you like chatting to?

When is your baby or toddler chattiest?

## Things to chat about

**For everyone** – If you pray, how, where or when do you do it? What sort of things do you talk to God about? Do you feel like God understands you and is there for you? What do you need from him most at the moment?

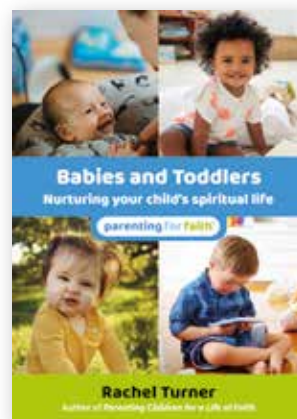
**For parents and carers** – Do you ever pray out loud in front of your child or for them? How do they respond? What prompts or reminds you to do this?

## Ideas to try

If you've never tried praying, the trypraying website and app might be an interesting experiment for you.

Have a look at 'Chat ideas for parents of babies and toddlers' or '101 ways to start a conversation with God' and try some of them.

## Find out more



- Look at [chapters 5 and 12](#)
- Try watching a session of the [Parenting for Faith course](#) on your own or with a partner, friend or group.