

The background of the cover features a stylized illustration of a family. On the left, a man with dark hair, wearing a blue and white striped shirt and dark pants, is holding a young child with blonde hair in a red shirt. On the right, a woman with long dark hair, wearing a green dress, is holding a young child with brown hair in a blue shirt. The entire scene is set against a solid reddish-orange background.

*Everything a*

**MOM**

*should know  
about her*

**YOUNG  
CHILD**

*Gloriana Montero*

**e625.com**



## **EVERYTHING A MOM SHOULD KNOW ABOUT HER YOUNG CHILD**

e625 - 2025

Dallas, Texas

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## Gratitude

To my daughter, Victoria, who since the womb has taught me that the true meaning of living is giving to others, who has brought me to my knees, and who has revealed many aspects of myself that I never knew before. I'm so grateful to God for giving me the privilege of being your mom! Thank you for making my days bright!

To my husband, Danilo, who has always affirmed me as a mother. Thank you for your confidence in me and making me feel secure. Thank you for supporting me while I wrote this book. And thank you that, in addition to all the marvelous things you are, you are a good cook.

To my mother, Gloria, who has always been an inspiration to me. Thank you for always being there when I need you. Thank you for teaching me wisdom, for infecting me with your spirit of faith and joy, and, over all else, for molding me with your love.

To every mom who is also a friend because they have given me their advice. Thank you to all those women I admire. I hope to see in my children what I see in theirs. Great job! Not only will these moms' children rise up to praise them, but there is an entire society that urgently needs them.

To my loving Lord, who gives me strength in times of weakness, wisdom in dark times, and faith that He will do His purpose in me and in mine. Thank you that I can truly rely on you.

**The love of a mother is a treasure  
that lasts forever and leaves an  
unremovable mark in our lives.**

# Prologue

## By Danilo Montero

On December 23, 2010, at 1:14 a.m., our lives changed forever with the arrival of Victoria. We had finished the course on natural birth the night before, and as a form of celebration, I prepared Gloriana a hot bath with bath salts, not knowing that could induce labor. The next day, I woke up to find my wife feeling sick and feverish. After many hours in the hospital, the doctor came into the room to inform us that they would have to remove our daughter in her eighth month. I can still remember what I was thinking and feeling while I watched them prepare my wife. The moment had come!

In a matter of minutes they placed my newly-born daughter in my arms. Gloriana, still sedated, asked me how she looked, and I, crazed in happiness, told her she was beautiful.

We were introduced to parenthood, just like that. That day, Gloriana began the everlasting job of discovering what being a mother means, and how that reality is lived day by day.

Learning to take care of a fragile new baby is only the beginning. They first open their eyes only a short time after birth. From that moment on we keep our own eyes wide open to discover who we're holding in our laps.

In becoming a parent, suddenly you understand more about yourself as a son or daughter, as part of a family, your previous life experiences, and your beliefs. You witness this all begin in the new person before you. Although sometimes parents compare a child to moldable clay that, like potters, we have to "shape," we cannot help but be amazed at the reality that this "clay" already has its own qualities and preferences, temperament, and other traits that are innate parts of themselves.

My mother-in-law explained it this way: Being a parent means molding our children without breaking them. We should learn to give them shape according to what we consider good, right, and, most



importantly, what is glorifying to God. And at the same time, we must respect the essence of the being God had entrusted to us.

I have been able to witness much of Gloriana's journey through motherhood firsthand. Gloriana embodies that balance of profound love for her daughter, the strength and clarity of a leader, and the unquenchable thirst of a student devoted to the subject of motherhood. She is always asking questions and seeking ways of doing it better. Gloriana has committed herself 100% to the role of mother. This role comes with indescribable challenges, with many successes and mistakes along the way.

This book is full of the ideas and lessons learned in Gloriana's journey as a mother, focused on children from ages 0 to 12. There are many important aspects of motherhood addressed in these pages. This book goes far beyond focusing on discipline, delving into God's devotion and teaching about principles and values, identity and sexuality.

I'm confident that in this book you will find resources to help you develop in the noble task of motherhood in a way that honors God and leads to abundant fruit in the lives of your children.

*Daniela*



## Introduction

Experiencing the miracle of pregnancy and the birth of a baby is perhaps the greatest privilege the Lord has given to women. Motherhood intersects with us at a moment in time and changes us forever. We are never the same.

Someone once said, “Children are the cause of the greatest joys, but also the greatest sorrows.” A mother’s heart dreams of seeing her children fulfilled and thriving. She desires this so much that she is willing to sacrifice her own dreams for theirs. She knows that even if they no longer live in her womb, they will live forever in her heart.

Am I doing it right? This is a question we mothers constantly ask ourselves. Our doubts and questions are important because they help us review what we are doing and why, to decide what we want to try or change, and to search for real and effective information on how to do our job better.

The task of shaping our children’s lives in a holistic, solid, and healthy way is nuanced. Just as we strive to select the best among many food options and offer our kids a balanced diet, so too do we, as mothers, navigate the supermarket of life, choosing between endless options to determine what we believe is necessary and beneficial for our children’s development.

When it comes to physical development, we can lean on the support and guidance of doctors who regularly measure and monitor our children’s healthy growth. But who helps us measure their growth in emotions, identity, and character? Who tells us about healthy standards in these areas? What if we only realize something is wrong when it becomes evident in a behavior down the road—something we might have avoided if we had intervened earlier?

Faced with all these questions and driven by the desire to share with other mothers some of the things I have learned throughout this beautiful yet challenging journey of motherhood, the idea of writing this book was born. I am grateful to Dr. Lucas Leys and his initiative, 625, for trusting that I could contribute something to the vision of shaping this generation between the ages of 6 and 25.



My contribution, in reality, is indirect. This book is for mothers, who are the most important shapers of the new generation: those who nurture, embrace, and educate children and adolescents every day.

The time to lay the foundations that will sustain our children's lives is in their first 10 years. This is the stage during which the body, psyche, and heart are being formed and are still moldable. It is also the time when children see their parents as the number one reference in their lives. When they reach adolescence, this changes. That is why our work as mothers throughout our children's first 520 weeks must be focused and intentional. This is the period of greatest influence we will have in our child's entire life, and it's an opportunity that will never occur again.

I hope this book provides you with tools you can implement in your life and in your child's life. In these pages you will find information on how to help your child be more secure in the person God designed them to be, develop a healthy sexuality, shape their character as a person of God, establish firm faith, and understand the purpose of discipline, among other topics. All of this, of course, is framed within the principles of God's Word.

I encourage you to walk with Jesus as you journey through this enormous responsibility of motherhood. He promises to give you rest and to send the Holy Spirit to help you, whatever your need may be. May the hope of knowing that in this precious and challenging journey, you are not alone fill you with strength—because He is always with you!



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## Chapter 01

# HAPPY MOM, HAPPY HOME

**“Your children will be like vigorous  
olive shoots around your table.  
That is the blessing of the Lord for  
those who fear Him.”  
Psalm 128:3-4**

A few years ago, I heard a funny but very true saying: “If mom is happy, everyone in the house is happy. If mom is not happy... everyone better hide!”

Mothers are often referred to as the heart of the home. We have been given the ability to care for the overall well-being of our family members. We strive to keep the family united and to ensure that each member grows in a balanced way. Mothers are the first to wake up and the last to go to bed; we work both inside and outside the home; we eat last—often while standing—and sometimes even skip meals.

A mother's heart is sacrificial. She gives herself for her children, for her home, and often doesn't even realize that, in the process, she is sacrificing herself.



## SETTING PRIORITIES

In recent decades, women have gained power and respect in work environments that demand great dedication and commitment. This has brought many benefits in terms of personal and financial growth but has also put many mothers between a rock and a hard place, especially when work gets in the way of their desire to spend more time with their children.

Faced with this reality, we must learn to make decisions that bring a healthy balance to our lives. Seeking wisdom in this is essential because while some tasks can be easily delegated, in your child's

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**“By dedicating yourself to your children, you are investing in something that no one can ever take away from you or from them!”**

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heart, no one can replace you. No one else can do what only you can.

“By dedicating yourself to your children, you are investing in something that no one can ever take away from you or from them!”

One of the biggest lies many women believe is this:

“Dedicating myself to my children is a waste of time. With my skills and talents, I could be doing something more productive.”

No! Quite the opposite! By dedicating yourself to your children, you are investing in something that no one can ever take away from you or from them!

I really liked a comment from the well-known pastor and counselor Wayne Cordeiro in his book *Running on Empty*. He pointed out that when it comes to setting priorities, our guide should be this:

“We must face what only we can accomplish.”

Brian Dyson, former COO of Coca-Cola, gave a graduation speech at Georgia Tech in 1996, in which he used an analogy to explain how to distinguish what is most important in life:

"Imagine life as a game in which you are juggling some five balls in the air. You name them – work, family, health, friends and spirit – and you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls – family, health, friends and spirit – are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged, or even shattered. They will never be the same. You must understand that and strive for balance in your life."

God's vision for both men and women is that we prosper in everything, just as our soul prospers... but not at the cost of our soul! To achieve this balance, we need great wisdom to make the right decisions, adjusting along the way so that our lives and homes flourish as described in Psalm 128.

## IT'S A MATTER OF TIME

Our window of opportunity to influence our children's lives is essentially limited to their first 10 years. From birth to age 10, children form their strongest bonds, establish their identity, develop self-esteem, discover their strengths, shape their character, and build habits that will define whether they become successful in the future – or not.

Knowing this, we must be very intentional, ensuring that we meet our children's physical and mental, emotional, and spiritual needs, guiding them toward a healthy, well-rounded development.

## GET READY!

Before starting a trip on a plane, the flight attendants always explain to the passengers what the safety procedures are in case of an emergency. One of the possible emergencies on airplanes is a depressurization of the cabin. This happens when the air pumping system stops working. At more than 10,000 feet of

altitude, every person needs additional oxygen; therefore, if the main air pumping system fails, special masks will drop over each passenger to provide them with the necessary oxygen.

The safety instructions aim, then, to prepare us. By becoming aware of the possible events, we are no longer “foolish or senseless” people, but instead we prepare ourselves to face them. Knowledge is key for times of crisis.

What has always caught my attention is that in all airlines, the instruction for mothers is the same: “Put your own mask on first, and then put it on the children.” It seems counterintuitive, right? However, this instruction reveals a great truth: If you, as a mom, are doing well, then you will be able to help the little ones, and not the other way around!

Before becoming moms, all women have certain ideals about how we are going to carry out this beautiful task. We dream of holding our babies in our arms, of breastfeeding them, dressing them with ribbons, bows and little ties... but the truth is that we barely think about the big challenges that are inherent to motherhood (maybe we even ignore them still!), like the exhaustion you feel after a whole month without sleeping enough, or the pain and wounds from breastfeeding, or the acid reflux, or the tantrums, the falls, the hospital visits, the illnesses, etc., etc.!

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**He promises to be  
with us every day,  
the good ones  
and the bad!**

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It is true that, just as every pregnancy is unique, so is every birth and every growth process. However, I have noticed a generalized attitude among Christians of rejecting or denying that complications might exist. Of course, I'm not saying we shouldn't pray

asking for everything to go the best way. But it is mistaken to believe that just because we are Christians, we will never have any problem or complication. What is true is that in the midst of any problem or challenge the Lord will say to us: “Do not fear, I am with you.” He promises to be with us every day, the good ones and the bad!

But the truth is that in life, just like on a plane, the more informed we are, the more we can prepare. That's why there is literature that somehow "trains" you for the task. For me, books about pregnancy and the first months of the baby were of great help. They helped me understand what was normal and what wasn't during that time.

So yes, it is possible that we may have complications during labor, that we may suffer from postpartum depression, that our children may be born with certain health problems or with a syndrome... But in the face of any situation or diagnosis, the truth is that we are not alone, and that we are more than conquerors because the One who is by our side is much greater than us and than any situation we may go through.

Shortly before having our daughter Victoria, I was very close to a friend who was expecting her first child. She, even though she was married to an anesthesiologist, said that she was not going to ask for the epidural because she believed that Christ had carried all her pains on the cross, including labor pains. In the United States, it is necessary to ask for this anesthesia before labor, to schedule the doctor and the medical team. If you don't schedule it in advance, it's possible that it may take a long time for the doctor to arrive when you need them. My friend's husband was living the peak of being an anesthesiologist! However, with much love, he warned her that natural childbirth was something very painful, and he recommended having the anesthesia ready, just in case. But she stayed firm in her belief... until the big day came. When the contractions began to get more and more painful, she was screaming for the anesthesia... but since she hadn't requested it in advance, by the time the anesthesiologist on duty arrived, she was already so dilated that they couldn't administer it. When I went to visit her after giving birth, the first thing she said to me was: "Glory, when it's your turn, don't even think of not asking for the anesthesia!"

I have also heard women, even pastors, tell me how terrible it was to suffer from postpartum depression. Some only cried and felt a great sadness that lasted for several months. Others couldn't hold their babies for almost a month, except to feed them. Others



spent time in a corner of their bed, not even wanting to shower. But the saddest part was hearing that several of them were judged by people in the church “because it wasn’t possible for a Christian woman to go through that.” How terrible! I think that maybe the main cause of this bad attitude is ignorance, because not everyone knows that postpartum depression has its origin in a physical condition. When the baby is no longer inside, the body goes through a stage of hormonal adjustment, and that’s why many times it is necessary to ask a doctor for help to regulate our body as soon as possible.

As I said before, we cannot guarantee that everything will go the way we expect. But we should be prepared, and surround ourselves with wise and capable people for any situation that we do not know how to face. People who support us, and who encourage us to get through the hard days in the best way possible.

I remember that before giving birth to Victoria, a friend told me that the first few months were going to be very hard, and that the exhaustion was going to be extreme. But the good news she gave me was that they passed quickly! She told me: “Just hold on through the first three months. You’ll see that once the baby turns three months old, everything is going to get better.” And that’s exactly what happened! You can’t imagine how her words echoed in my mind during the hard moments. Every time I felt exhausted, I would tell myself: “This stage will pass soon. Almost there.” And that gave me strength for one more day.

## ASK FOR HELP

What a blessing it was to have my mom at home during Victoria’s first months! And to have the full support and commitment of my husband! It made me love him even more deeply. Together they made my journey much easier.

So my advice is: Seek all the support you can! Not everyone can be as available as my husband and mother were for me, but there

are many ways to offer practical support, like having groceries delivered, or stopping by to clean your kitchen. All of these small acts are needed and deeply appreciated!

## LET GO OF UNNECESSARY BURDENS

Studies have shown that while babies are in our womb, they are affected by the emotions we, the mothers, experience. For example, a friend in Honduras told me how she almost gave birth to her baby at 6 months pregnant when she found out her husband had been kidnapped, because her emotions affected her pregnancy. But this is also true for less “dramatic” emotions. Babies feel, inside their mother’s belly, everything she is feeling. Even after birth, while we are breastfeeding, it is not only what we eat that is transmitted through the milk to the babies, but also what we feel. They are the first ones to receive from us our joys or sorrows, our peace or our bitterness.

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**“Mothers nourish not only their children’s bodies but also their souls.”**

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Moms nourish not only the body of our children, but also their souls.

And the truth is that moms nourish not only the body of our children, but also their souls. That is why your emotional health is vital for the emotional health of your little ones!

We all have a story that shapes us. Although we are born with free hands, emotionally healthy, and with an attitude to explore everything and try everything, as we grow we start to change... We acquire fears from unpleasant experiences. We adopt concepts about ourselves and others that are not necessarily true. And we interpret life’s challenges in certain ways because maybe we were not equipped with basic emotional skills to face life.

It is sad to hear people acknowledge that what they once promised not to do when they had children is exactly what they are doing now that they have them! Rejection, abandonment, anger,

impatience... Why? Because, without realizing it, we allow the past to interfere with our present.

Building a family is not easy. Living together and the dynamics of married life come with their own challenges, which add extra burdens. And if we face that with our own baggage of jealousy, insecurities, resentment, and aggressiveness... then that home is no longer a place of peace, and sooner or later our family will become a battlefield where there will be other victims besides mom and dad.

The burdens turn into weapons, and then we strike because we've been struck, we hurt because it's our defense, and we seek personal satisfaction at all costs, even if that means harming ourselves and, worse, those we love the most. Without meaning to, we "make them pay" for things that happened many years ago to our closest loved ones.

Think about it. What happens when we carry excess baggage in our lives? I observe at least three consequences:

- **Someone has to pay for the excess baggage.** Who is going to do it? Usually, those who are close to us, just like on every trip...
- **It causes emotional exhaustion.** The burdens end up creating a fog that clouds the reality of things. I've heard many women say that, because of their emotional and physical exhaustion, they end up questioning whether all the effort is worth it, whether the sacrifice is worth it, whether it's worth continuing to try... Emotional exhaustion is dangerous because it makes us vulnerable to getting hurt and making poor decisions. It takes away our drive to pay attention to the details, to fight every day to make things better. It changes the loving and affirming words that only we can give our children and our husband into complaints, grumbling, and offenses.
- **It affects our health.** Did you know that the leading cause of death in women is heart problems? Poor stress management, constant anger, or simply neglecting your own

health because you're always tending to other things—these can all trigger heart problems, stomach issues, and many more.

Moreover, we must remember that we can't give others what we don't have. So, moms, it's a good moment to let go of everything we've been carrying for years and allow ourselves to be filled with what we long to give. How do we do that? It's simple: hand over the baggage to the One who already paid for it. The only one who has asked to carry our burdens is Jesus Christ. He himself said:

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28–30, NIV)

No matter how good the anti-stress techniques or other methods we use to try to feel better are, they will eventually be temporary solutions because we're not truly dealing with the root of the problem in our soul. On the other hand, notice that the yoke Jesus invites us to carry includes certain things:

- The yoke makes you walk with someone. The yoke is what ties work animals to a plow, and what keeps them walking together to double the strength. Jesus doesn't confront us alone—He meets us in our way of life and lets us make a decision: either we continue alone carrying everything we have, or we join Him! United to Jesus, our work becomes much lighter!
- The yoke requires adjustments. When a young ox was being trained to plow, it would be yoked with an older, experienced ox. If the young one wanted to go its own way, it couldn't—because it was tied to the experienced ox who led it where to go. Jesus said: "Let me teach you, because I am humble and gentle at heart." Walking with Jesus equips us better for any task we must take on!

Jesus wants to walk with you in this arduous but beautiful task of being a mother.

Remember that humility is the ability to understand that He is everything to us, and that we submit to His guidance. He may tell you to let go of that resentment that's been bothering you for years, to forgive, or even to go and speak with certain people from your past, and break the yoke with them. Jesus will teach you to love people—even if they don't deserve it. There is no greater freedom than that. The truth is, now you walk with someone who makes life lighter!

When we walk with Jesus, our view of others changes too. We begin to see people the way He sees them. We notice their wounds and brokenness, which leads us to be merciful and treat them differently. Also, when Jesus gives us rest for our souls, we can embrace our little ones, and discipline and teach them with love, not harshness.

And when you feel tired, remember: do not accept substitutes. When God is not our place of refuge, other things we try to replace Him with will cause imbalance in our lives. Some of the refuges women seek are tranquilizers, extreme exercise, new relationships, etc. But what we really need is to come again and again to Him, who is the source of life, so we can drink what our soul needs: the freedom of God's forgiveness, the truth of His acceptance, and the inheritance we have as daughters of God.

Jesus wants to walk with you in this arduous but beautiful task of being a mother. He wants you to raise children with tender and humble hearts. Healthy children who also know how to live life walking with Him. And don't forget that to do this, your children need a healthy mom—physically, mentally, and emotionally—so that you can guide and love them in a healthy way.

Set your priorities. Get ready. Ask for help. Let go of unnecessary burdens. Walk yoked with Jesus. And remember that “happy mom, happy home!”