

BEING A FAITH-KEEPER FOR YOUR CHILD

Ten Pointers for Parents

1. Take care of your own relationship with God. Set aside daily time for prayer and reflection.
2. Pray as a family – at meals, during drives to and from school or after-school activities, at night before going to bed. This can be something as simple as everyone stopping for a moment of silence to thank God for the blessing of the day.
3. Pray for your children and let them know you are praying for them.
4. At meal times light a candle and let it remind you that God is present in your lives.
5. Put symbols of faith throughout your home to create a “Catholic atmosphere.” (Cross, Crucifix, Bible, a Madonna, Nativity set, etc.)
6. Before the First Communion date, go through any photographs you have of your children at key moments of faith such as Baptism. Put these in a photo album to give to your child. After the celebration of Holy Communion, add photos to the album.
7. Choose a spiritual gift for your child’s celebration of Holy Communion. (Catholic symbol, book of prayers, a book about saints, a medal, a child’s bible, a statue of their patron saint, etc.)
8. Invent/start or restart a family ritual. (Example: For grace at mealtime everyone offers a situation or the name of someone they’d like the family to pray for.)
9. Complete a service outreach project with your children. This serves as a reminder that sacraments are never just for ourselves, but empower us to serve others as Jesus would.
10. Take your children out for some special one-on-one time. Go for a walk or a ride and ask your child to share what is important to them at this time in their lives in regards to school, friends, and activities. Listen – pray about what they share.

More faith is caught than taught. What are your children catching?