

# Tips for Parents

## Teaching our Catholic Faith

Coming together as a community for Eucharist is at the center of who we are as Catholics. Incorporating some of the rituals of our faith into our home helps to join the details of our daily life with our faith and our Eucharistic celebrations. It also helps our children grow up with a sense of God in their lives.

### Here are some ideas to try:

#### ♥ When you eat together at the table...

- try to encourage everyone to take part in the process of preparation, no matter how small.
- pray before you begin your meals
- try to include everyone in the conversation, even if by reference.
- try to have a relaxed environment

#### ♥ Make time to pray together as a family...

- ...in the morning
- ...in the evening
- ...before meals
- ... "the bed-time ritual"
- ...for strength and guidance in hard times
- ...to give thanks in good times
- ...just to praise God
- ...Does your child see you spending quiet time with God?

♥ Talk about the special seasons of the Church year such as: Advent, Christmas, Lent, Easter, feast day of a favorite saint...and celebrate with family rituals.

♥ Have sign(s) of our Catholic faith in your home, such as a crucifix or cross, a Bible, religious pictures, etc....

♥ Find books with stories of our faith that have good pictures for your child. Even if there are too many words, you can adapt the text as you read it. Think of how these stories have been important in your life and share that with your children.

♥ Prayer can be spontaneous, simple conversation with our God.

If your son or daughter has expressive language challenges, practice saying prayers that are used in Mass and/or that involve the body, such as the Our Father and making the sign of the cross. These can be prayed at home and while at Mass.

## Reminders!

- Incorporate Catholic ritual and expressions of faith into your home and family life as much as possible
- Practice Blessing Yourself, guiding your child through each step: In the name of the Father, and of the Son, and of the Holy Spirit, Amen.
- Say basic prayers every night with your child, such as the **Our Father, Hail Mary, and Glory Be.**
- Listen to religious songs with your child.
- Visit your church with your child when no one is around.
- Take photographs of important elements and places in your church. Make flash cards out of them or a “Church Tour.”
- Play a matching game with pictures of people important in the Church
- Have your child match the picture to the actual object in your church.

*Adapted from material developed by Anne Masters, M.A.  
Director, Pastoral Ministry with Persons with Disabilities  
Roman Catholic Archdiocese of Newark*

<https://www.rcan.org/offices-and-ministries/ministry-disabilities>

