

FAMILY FAITH

Tips and tricks for
how you can
incorporate FAITH
into your family life.

Grades K-3

Attend and participate in Sunday Mass as a Family. Before mass begins, ask them to be watching for something (ie: the sound of bells, or a certain song or word.)

Allow your child to see you receiving the sacraments. Especially the sacrament of Confession. This is the best way to show them that the sacraments are a vital part of our faith.

Help your child learn and participate in various types of prayer (ie: quiet reflection, guided meditation, song, spontaneous, petition, thanksgiving, praise, and sorrow.)

CELEBRATE the feasts and liturgical seasons of the Church calendar.

Discuss the lives of the Saints with your children so they may see examples of people who lived lives of holiness.

Frequently share your experiences of faith and talk about how you see God working in your life.

Allow your child to experience your love and care for them as a way to know and love God. Often, faith is learned more easily through witness than words.

"Parents have the unique responsibility for the education of their children; they are the first educators or catechists. They teach by their witness of the faith through their values and attitudes, by their Christian example of love of Christ and His Church. When children are baptized, parents accept the responsibility to raise their children in the practice of the faith."

-National Directory of Catechesis 234-235