

1. [The Sign of the Cross](#)

In the name of the Father and of the Son
and of the Holy Spirit. Amen

Parent Notes: The Sign of the Cross is the most basic Catholic prayer, though we don't often think of it that way. We should teach our children to say it with reverence before and after their other prayers.

The most common problem that children have in learning the Sign of the Cross is using their left hand instead of their right; the second most common is touching their right shoulder before the left.

2. [Grace Before Meals](#)

"Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord.
Amen."

3. [The Our Father](#)

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven.

Give us this day, our daily bread. And forgive us our trespasses as we forgive those who trespass against us.

And lead us not into temptation, but deliver us from evil.

Amen

Parent Notes: We should pray the Our Father daily with our children. It's a good prayer to use as a short morning or evening prayer. Pay close attention to how your children pronounce the words; there are a lot of opportunities for misunderstandings and mispronunciations, such as "Howard be thy name."

3. [The Hail Mary](#)

Hail Mary, full of Grace, the Lord is with you.
Blessed are you among women and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen

Parent Notes: Children naturally gravitate to the Virgin Mary, and learning the Hail Mary early makes it easier to foster devotion to St. Mary and to introduce longer Marian prayers, such as the [Rosary](#). One useful technique for teaching the Hail Mary is for you to recite the first part of the prayer (through "the fruit of thy womb, Jesus") and then have your children respond with the second part ("Holy Mary").

4. [The Glory Be](#)

Glory Be to the Father and to the Son
and to the Holy Spirit as it was in the
beginning, is now and ever will be.

Amen

Parent Notes: The Glory Be is a very simple prayer that any child who can make the [Sign of the Cross](#) can easily memorize. If your child has trouble remembering which hand to use when making the Sign of the Cross (or which shoulder to touch first), you can get some extra practice in by making the Sign of the Cross while reciting the Glory Be.

5. [ACT OF CONTRITION](#)

My God, I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good,
I have sinned against you whom I should love above all things.
I firmly intend, with your help, to do penance, to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and died for us.
In His name, my God, have mercy.
Amen.