



FAMILY FORMATION: LIVING THE FAITH AT HOME

GRADES 4-6: PRACTICAL IMPLEMENTATION

- Attend and participate in Sunday Mass as a Family. Afterwards, talk about some things that took place during Mass — sounds, smells, their experience of church — belonging, community, participation.
- Relate belonging to the family of God to their experiences of belonging to your family. Discuss celebrations, rituals, symbols, prayer, family mealtime, sharing stories, songs, activities, giving thanks, forgiveness, and helping family members and neighbors.
- Create opportunities at home to gather and pray together as a family. Consider praying a family Rosary — even if you start by praying one decade at a time.
- Discuss ways in which friends, society, and media can lead to occasions of sin as well as occasions of grace.
- Discuss the lives of the Saints with your children so they may see examples of people who lived lives of holiness.
- 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 through words.
- Utilize the liturgical calendar incorporating crafts or family traditions. Examples include: the Jesse Tree, an Advent Wreath, a "sacrifice board" for Lenten sacrifices, or a coloring book of Saints for Feast Days.
- Celebrate Baptism "birthdays" and use this celebration as an opportunity to teach that this day was when they were born into the Church becoming a son/daughter of God.
- Utilize great parish and family resources like Formed.org to listen to or watch Catholic content like (Saint stories, cartoons, movies, etc.) during down time at home.

CHURCH TEACHING

"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."

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