



FAMILY FORMATION: LIVING THE FAITH AT HOME

GRADES K-3: PRACTICAL IMPLEMENTATION

- Attend and participate in Sunday Mass as a Family. Before Mass begins, ask children to watch for something (e.g. the sound of bells, or a certain song or word), then discuss after. This may mean you have to learn something new too. That's okay! You are learning together as a family.
- 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. Make it an event! Try to make it regular, and something the family looks forward to; maybe ice cream after Confession—a monthly tradition.
- Help your child learn and participate in various types of prayer (e.g. quiet reflection, guided meditation, song, spontaneous petition, thanksgiving, praise). Again, this could mean making an effort to learn new things, or participating in new opportunities, but there is much value in doing this as a family. Your parish leaders are there to help you!
- 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. Be willing to reflect on and share answers to questions like:
What difference has your Catholic faith made in your life?
How have you experienced the grace of God in your life?
How has your encounter with Christ in the Eucharist changed 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 through words. Remember the Christ that your children come to know is the Christ that mom and dad model for them.

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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