

## **Checklist for Parents of Young Children/Ages 6-24 Months**

# **HOW PARENTS NURTURE FAITH**

[Use the scale on the left to indicate how well you are contributing to your child's faith formation.]

### **Helping Children *Experience* Faith**

Yes ..... No

- |     |     |     |   |
|-----|-----|-----|---|
| ___ | ___ | ___ | 1. Establish a family atmosphere that is warm, safe, loving and peaceful.   |
| ___ | ___ | ___ | 2. Provide for the child's basic physical needs like food, sleep, clean diapers, baths and exercise.  |
| ___ | ___ | ___ | 3. Develop and maintain a dependable schedule for daily routines, especially at waking, eating, transitions and bedtime.                      |
| ___ | ___ | ___ | 4. Take time to touch, hold, cuddle, talk and play with your child.   |
| ___ | ___ | ___ | 5. Avoid loud noises, music or behavior which can be disturbing to your child.  |
| ___ | ___ | ___ | 6. Avoid circumstances in which your child sees or hears your frustration, anger, fear or disappointment get out of control.                  |
| ___ | ___ | ___ | 7. Encourage your child's initiative and curiosity; reward effort more than success.  |
| ___ | ___ | ___ | 8. Model an attitude of wonder and gratitude about human life and nature.   |
| ___ | ___ | ___ | 9. Limit your child's exposure to electronic media, including television and DVDs.  |
| ___ | ___ | ___ | 10. Invite extended family members like grandparents, aunts and uncles, godparents and good friends to participate in the care of your child. |
| ___ | ___ | ___ | 11. Choose child care options that are consistent with your personal and spiritual values.  |
| ___ | ___ | ___ | 12. Take positive steps to resolve conflicts between you and your spouse which can have a negative impact on your child.                      |
| ___ | ___ | ___ | 13. Take immediate steps to remove your child from circumstances in which they are in danger of being emotionally or physically abused.       |

### **Helping Children *Learn* Faith**

Yes ..... No

- |     |     |     |  |
|-----|-----|-----|--|
| ___ | ___ | ___ | 1. Talk to your child; name and explain what your child is observing or doing to the extent that he or she is able to understand.  |
| ___ | ___ | ___ | 2. Tell or read your child stories that help your child learn about themselves, people and the world around them.  |
| ___ | ___ | ___ | 3. Display and explain signs and symbols of faith such as statues, pictures, the church and religious practices to the extent that your child is able to understand.         |
| ___ | ___ | ___ | 4. Tell or read bible stories adapted for very young children and other simple children's stories with faith themes, bible heroes, saints, and examples of Christian values. |
| ___ | ___ | ___ | 5. Model a routine for your personal prayer, study and spiritual growth as an individual and as a couple.  |
| ___ | ___ | ___ | 6. Participate in formation, education and spiritual enrichment programs for adults.   |

*Continue on the back side*

## **How Parents Nurture Faith/Ages 6-24 Months**

### **Helping Children *Express* Faith**

Yes ..... No

- 1. Encourage your child to express himself or herself with music, song, arts, crafts and play.
- 2. Provide a good balance between structured and free play.
- 3. Use simple prayers at meals and bedtime; invite your child to participate to the extent that they are able.
- 4. Use religious symbols and objects (candles, pictures, statues, etc.) in family prayer and celebrations; explain these to your child to the extent that they are able to understand.
- 5. Use simple blessings or prayers for special family occasions like birthdays and anniversaries; explain these to your child to the extent that they are able to understand; invite them to participate to the extent that they are able.
- 6. Establish family rituals to celebrate religious seasons and events like Advent and Christmas, Lent and Easter, feast days and holy days; explain these to your child to the extent that they are able to understand; invite them to participate to the extent that they are able.
- 7. Adapt or develop family customs and traditions which express religious faith and values; explain these to your child to the extent that they are able to understand; invite them to participate to the extent that they are able.
- 8. Establish a routine for your personal prayer, study and spiritual growth as an individual and/or as a couple.
- 9. Make an effort to resolve any conscious or unconscious conflicts you have as an adult with the Church.
- 10. Model an example of church attendance and participation.

### **Helping Children *Act* with Faith**

Yes ..... No

- 1. Teach children to share, to be fair, and to be honest with friends and playmates.
- 2. Give your child an opportunity to make simple choices which are appropriate for his or her age and development.
- 3. Teach children to appreciate and respect nature as part of God's creation.
- 4. Teach your child the difference between appropriate and inappropriate behavior toward themselves and others.
- 5. Accept your child's natural curiosity about human bodies, but teach them the difference between appropriate and inappropriate behavior and touch.
- 6. Limit children's exposure to conflicting values and lifestyles depicted on TV, other media, advertising.
- 7. Model appreciation and respect for social, cultural and economic differences among people.
- 8. Model an example of concern, respect and service to others, especially the less fortunate.
- 9. Be patient with your child's behavior. Correct misbehavior by re-directing it toward more appropriate behavior.
- 10. Encourage and praise your child's efforts to learn and grow; do not set unrealistic expectations by comparing your child to siblings or other children.