

Checklist for Parents of Older Children/Ages 6-12

HOW PARENTS NURTURE FAITH

Helping Children *Experience* Faith

Yes No

- 1. Establish a family atmosphere that is encouraging, affirming, understanding and forgiving.
- 2. Adjust parenting styles and discipline to the child's developing ability and needs.
- 3. Use family meetings to discuss and decide important family decisions and issues.
- 4. Strive to balance time between family, work, school, sports, church and other responsibilities.
- 5. Spend time individually with your child on a regular basis.
- 6. Identify and invite other adults to serve as mentors for your child.
- 7. Set expectations for children's behavior that encourage cooperation, not competition; use mistakes and failure as opportunities to learn, not punish.
- 8. Participate in parish activities for children and families.
- 9. Participate in parenting education and enrichment opportunities.
- 10. When necessary, get professional counseling for special needs, family or marriage problems.

Helping Children *Learn* Faith

Yes No

- 1. Enroll children in a formal religious education program (Catholic school, CCD, etc.)
- 2. Provide access to children's bibles, books and videos with stories about Christian values and Christian heroes.
- 3. Discuss the content of TV and other media in terms of Catholic faith and Christian values.
- 4. Identify and explain basic concepts of Catholic faith and Catholic practice.
- 5. Share your personal thoughts and convictions about God, faith, and church.
- 6. Explain personal and family decisions in terms of your faith and moral values.
- 7. Discuss Catholic/Christian values related to sexuality, money, time, death, and social justice.
- 8. Participate in preparation for sacraments (First Reconciliation, First Communion)
- 9. Participate in adult education and family education opportunities in the parish.

Helping Children *Express* Faith

Yes No

- 1. Use meals and bedtime as occasions for family and individual prayer.
- 2. Help children learn traditional prayers and devotions by praying them regularly.
- 3. Invite children to participate in developing prayers and rituals for special occasions such as birthdays, anniversaries, first and last-time events, life-changes, and family crises.
- 4. Participate as a family in Sunday Eucharist and the other sacraments.
- 5. Celebrate religious seasons and feast days, especially Advent/Christmas and Lent/Easter.
- 6. Attend the Easter Triduum (Holy Week) services as a family.
- 7. Participate in parish retreats or spiritual renewal programs.
- 8. Adapt and practice some of your family's religious customs and traditions.
- 9. Identify and practice healthy ways to express powerful emotions like anger, fear, grief and
- 10. Participate in liturgical ministries, when possible and age-appropriate.

Helping Children *Act* with Faith

Yes No

- 1. Teach children how to be good stewards of their time, friendship, possessions and money.
- 2. Teach children to respect human life and the environment.
- 3. Help children identify ways they can use their personal talents to help others and protect nature.
- 4. Participate as a family in service or social justice programs at school, in the parish or community.
- 5. Give children opportunities to meet and appreciate people from other cultures, races, economic means and handicapped persons.
- 6. Compare the values and lifestyles depicted on TV, in other media, and in real life with your values and lifestyle as a Catholic Christian.