

## Simple ways to add a little faith to your family life

### In the morning if you are driving to school:

- Say some prayers in the car; maybe in May and October a Hail Mary, maybe other months an Our Father. It takes about 15 minutes to do an entire decade of a rosary; there's a great video on youtube about how to do it at [HOW TO PRAY THE ROSARY](#). There's also a radio station you can listen to any time you're in the car called KLOVE FM. It's 106.9 on your FM list, and it's worship and praise music!
- Another option in the car is to ask the kids what they have that day and pray with them to ask God to send their guardian angel to be with them and help them through it
- If you put someone on the bus, get a little bit of holy water from the font in the main vestibule of the church and put it in a bowl near the door. As your child is going out the door each morning, ask God to watch over them and keep them safe all day, and bless them with the sign of the cross using the water.

### After school:

- If you're picking up, again think of asking how their day went. What was good? What was bad? Thank God for helping them to get through it and say a prayer together!

### At meals:

- Say grace together – you can even have the different family members take turns

### At tub time:

- Use the Hail Mary or Our Father to “time” their washing!

### At bedtime:

- Night prayers – we always made the sign of the cross, then said an Our Father, a Hail Mary, a Glory Be, and then prayed for anyone we knew who needed prayers; family members who were sick or who had passed away, etc.
- You can use the holy water blessing bowl here again and bless them and their pillow so they will have only good dreams!
- If you read them a story at bedtime, you can pick one from the children's bible, or use an arch book story!

## Resources:

A Children's Bible – the Beginner's Bible, or any other one you find that you like. There is a Catholic store called Angel Crossing in Elsmere behind the Manchester Arms apartments, they have a great selection of bibles, children's books, small statues – all kinds of goodies. When I went online to Barnes and Noble, they had a couple oddballs in there but a great selection of Arch and other religious books too at <https://www.barnesandnoble.com/s/Arch%20books>

### Good toys to bring to church: Wee Believers Mass Kit Plush

<https://weebelievers.com/products/my-mass-kit-catholic-play-set> or for a less expensive (but still pew-quiet) version <https://weebelievers.com/products/my-pop-out-mass-kit> These are great because you can point out which item the priest is using at the time for them too!

**Tiny saints – these are tiny clip on saints that come with a card that tells you a little something about them. They make great gifts and are a real conversation starter about saints for your child!**

**Busted Halo videos – these are meant for teens, so watch them first (some subjects aren't meant for little guys) but they have great 3-minute videos on how to receive communion, Lent, Holy Week, etc.**

**Laudate – this is a great phone app that has almost everything you could imagine – daily readings, an entire Bible, saints, prayers, etc. It's free and I use it all the time!**

### Some good websites:

<http://www.catholic-kids.com/>

<https://www.catholicicing.com/>

<https://www.looktohimandberadiant.com/>