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Ways to Help Your Child Grow in Faith



1. **When you take your child to receive the sacrament of reconciliation, go yourself too – *actions speak louder than words!***
2. **Make Sunday Mass a family activity each week – these are precious years which you will only live through once**
3. **Create a *Prayer Space* in your child’s bedroom – Crucifix, Bible, Holy Statue, Holy Picture, Rosary Beads, Holy Water**
4. **Say *Morning and Night Prayers***
5. **Ask your child to lead you in *Grace Before Meals* and *Grace After Meals***
6. **Make the *Sign of the Cross* when you pass the Church**
7. **Visit the family grave and pray for the people who have died**
8. **Bless yourself with Holy Water as you leave the house**
9. **Read Bible stories together**
10. **Visit the Church – Explore the building; Light a Candle; Say a prayer for people in need and for people you love**
11. **Do acts of kindness in Jesus’ name**
12. **Visit a religious site, take a group/family photo as a memory of the day**

“Our soul waits for the Lord; he is our help and our shield; Our heart is glad in him because we trust in his holy name” (Ps 33:20-21)

