



NURTURING FAITH IN YOUR FAMILY

Numerous studies show that parents have a huge impact on their children's faith...way more than the Church does. Here are some key practices that have resulted in children having a lasting faith into adulthood.

Talk With Your Children Often, especially about your own faith beliefs and experiences. Even though faith is personal, it need not be kept private. Encourage two-way family conversations that are relaxed, natural, and casual, about faith, religious issues, and questions and doubts.

Pray With Your Children Daily. Eat together, especially at dinner, and say grace at meals. Say the rosary, read the Bible, use our Faith in the Home weekly activities. Display sacred objects in your home, like a crucifix or statue, to foster spontaneous prayer. Bless your child as they go to bed. Tell your children you are praying for them.

Celebrate Holidays and Church-Year Seasons like Sunday Mass, Stations of the Cross, Reconciliation during Lent, a wreath and community service during Advent. Ritualize important family moments and milestones like baptisms, First Communion, Confirmation, as well as birthdays, anniversaries, and the death of loved ones. Be involved in the parish community. Attend Family Faith Formation events.

Make Teachable Moments of the activities in daily life. These can include at the dinner table, in the car, during after-school activities, or in the grocery store. Use media time to talk about your values and provide moral instruction. If there is foul language, sex, or violence in what your family is viewing, you can say "That's not kind of language we use" or "Our family doesn't resort to violence - we talk it out" or "We believe God invented marriage as a special relationship." Make comments about media and entertainment that exemplify good moral values too.