

## TEN [-1] GUIDELINES FOR PARENTS

1. **Model Faith at Home:** Demonstrate your faith through daily prayers, attending Mass, and living out Christian values. Your example is the most powerful teacher/catechist.
2. **Engage in Conversations:** Talk to your child about their faith journey. Discuss the significance of the sacraments and answer their questions with patience and understanding.
3. **Participate in Catechetical Sessions:** Attend any parent sessions offered by our parish. These sessions can provide valuable insights and help you support your child's preparation.
4. **Create a Prayerful Environment:** Establish a routine of family prayers. Include prayers specific to the sacraments they are preparing for, such as the Act of Contrition and the Nicene Creed.
5. **Celebrate Liturgical Seasons:** Observe and celebrate the liturgical seasons at home. For example, create an Advent wreath or a Lenten prayer corner to make these times meaningful.
6. **Revisit Baptism:** Remind your child of their Baptism. Show them photos or videos and discuss its importance as the first step in their Christian life.
7. **Encourage Participation in Mass:** Make attending Mass a family event. Sit near the front, explain the different parts of the Mass, and encourage your child to participate actively.
8. **Foster a Sense of Community:** Encourage your child to participate in parish activities and service projects. This helps them feel connected to their faith community and understand the importance of serving others.
9. **Pray for Guidance:** Pray for your child and for yourself as you guide them through this important time. Ask for the Holy Spirit's guidance to help you nurture their faith effectively.

**Blessings, Fr Antony**