

Tips for Teaching your Child about Reconciliation

Don't be overwhelmed

- Keep it simple and tailor to your child's age, maturity, circumstances.

Prioritise

- Write 'Reconciliation time with Sally' in your diary to ensure it doesn't get lost in the busyness of the day.

Experiment

- Short bursts each day or longer sessions on a weekend?
- Is the car a good place to talk?
- When is it best to try the 'Prayer Time'? At dinner time? Bed time?
- With other siblings, or one-to-one?

Look for teachable moments to emphasise a point:

- Making up after a sibling fight.
- Dealing with a playground bully.
- Warm hugs at home: 'Reconciliation is like being hugged by God.'
- Use the words 'I forgive you' naturally/sincerely in everyday life.

Make it enjoyable

- Act out a bible story. Have some fun with it.
- Set up sacred symbols at home.
- Sing a song. Praise your child.
- Plan a special reconciliation meal/party after the celebration.
- Share positive memories.

Lead by example

- Forgiving attitudes at home.
- Let them see that mum and dad also have to make up after an argument.
- Where a marriage has broken down, forgiving your 'ex' and letting go of deep hurts is a powerful example to your child about the gift of reconciliation.
- Praying as a family, including 'thanking' prayer and 'sorry' prayers.
- Reconciliation only makes sense in the context of a church family. Involvement in the parish – especially Sunday Mass – teaches your child about the *communal* context of reconciliation.

Pray

- 'Lord, help me to be a good teacher/model of reconciliation for my child.'
- Pray often. Ask God to guide/lead you.

