

## Tips for Teaching your Child about First Communion

Don't be overwhelmed

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

Prioritise

- Write 'Communion 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:

- Family meal times; Setting the table.
- Warm hugs at home: 'Communion is being close to God.'
- Storytelling.

Make it enjoyable

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

Lead by example

- Loving attitudes at home.
- Praying as a family, especially around the meal table.
- First Communion 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 the Eucharist.

Pray

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

