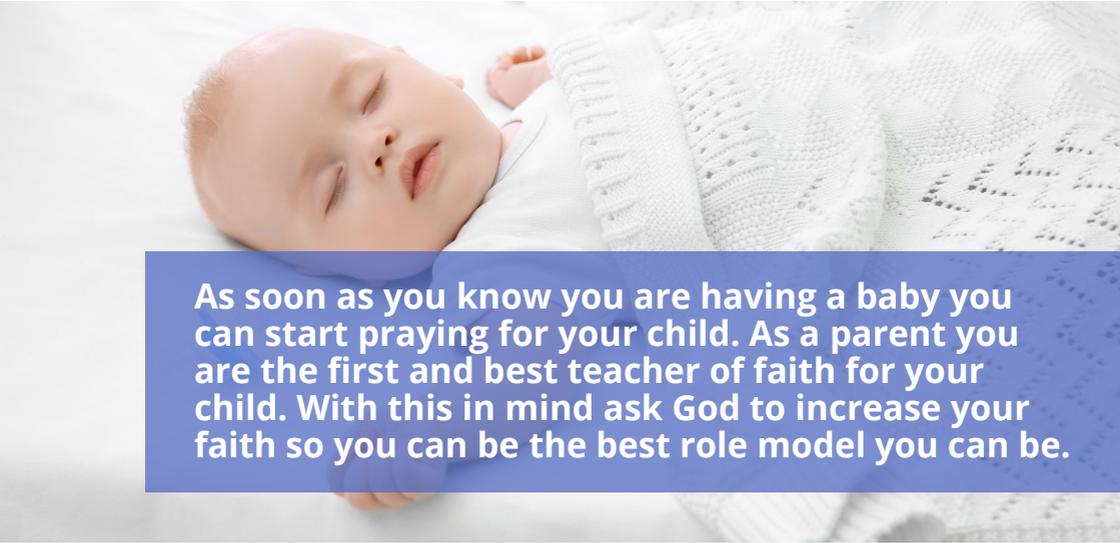


10 easy ways to share faith with your child as they grow



As soon as you know you are having a baby you can start praying for your child. As a parent you are the first and best teacher of faith for your child. With this in mind ask God to increase your faith so you can be the best role model you can be.

When putting your child down to sleep make the sign of the cross on their head and ask God to bless and protect them.

"May God bless and protect you and keep you safe forever."

Find a minute in each day to thank God for the gift of your child and ask him to bless them and all your family.

"Lord I thank you for the gift of my child, may they and all the family be blessed and strengthened in the power of your love."

Pass on to your child that God is with them always, even though they cannot see him that does not mean he is not there. Show an example of this by hiding something under a cover and saying although we cannot see this, we know it is there.

"Jesus, help me to speak to you every day, even though I cannot see you I know you live in my heart."

A good way to introduce prayer is by letting your child hear you talking to God like he is your best friend.

Read bible or faith stories at bedtime.

Children can sometimes have scary dreams. Praying to Jesus with a young child at bedtime can help them have a restful sleep.

Take it in turns with your child in thinking of two things that you would like to thank God for.

Allow your child to hear you say a prayer for them.

If possible, attend church – we all know how difficult managing children is in church (most of us have been there!) – there is no judgment and you may gain a network of friends and support for you and your family.

Finally, always remember to trust God for he will never let you down!

“Father, help me to be more loving and not afraid to say sorry if I have made anyone feel sad today.”

Books are available at liverpoolcatholicresources.com/childrens-books

“Jesus, we love you. Please bless and protect (name) may nothing disturb them as they sleep tonight.” Make the sign of the cross on their head.

“Thank you, God, for my family, and for all my friends.”

“Jesus, you know how much I love (name) I love them so much, but I know you love them even more than I do. Help them always to be happy, to have good friends, to be kind and to know how much you love them.”

To hear the readings in church and receive the Eucharist will empower you to deepen your relationship with God, and so in turn your child will mirror what you do.

“Thank you, Jesus, that you have promised never to leave us.”