

## Coming to Understand Sin

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### **Any time you make or enforce a rule**

You teach about the importance of rules to make life go smoothly.

### **Any time your child tells you about someone who has upset them**

You teach that our feelings are important gifts that help us understand when things are ok and not ok. You affirm that our conscience, guided by the Holy Spirit, helps us to know what is fair, right, just, kind, and gentle.



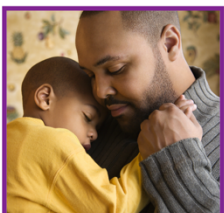
### **Any time you help children with failure or the feeling of failure**

You teach about the need to face our mistakes and our ability to try again.



### **Any time you help your child with conflict**

You teach your child about the importance of settling differences, making things right, and mending relationships.



### **Any time you tell your child "I love you"**

You teach your child about the love of God. You show them what it feels like to be loved 'just as we are.' This is how God loves us.

## Coming to Understand Confession

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### **When you encourage your child to admit mistakes**

You teach about the importance being honest about our behaviour.

### **When you encourage your child to apologize**

You teach about the importance of feeling sorry and letting others know we are sorry.



## Coming to Understand the Sacrament

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The way you deal with conflict, hurts, and mistakes at home are important lessons that teach about the Sacrament of Reconciliation.

### **You help to prepare your child for the Sacrament when you:**

- + Are honest about your own mistakes.
- + Show your children that you apologize when needed.
- + Say "I forgive you" and "I love you."
- + Assure your child that even though we may fail to be the best we can be, we can always try to do better next time.
- + Tell your child God loves them no matter what—always!
- + Practice the Sign of the Cross and simple well known prayers like the Hail Mary, the Our Father and an Act of Contrition.

# At School

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In our Catholic schools, children are learning from a program called *Growing in Faith, Growing in Christ*. It is a beautiful Canadian program approved by our bishops.

## **Find out more about your child's Religion Program at school.**

What stories are they reading?  
What songs are they learning?

## **Find out how the family can participate in the learning.**

Are there handouts, books, or online activities for the family to try at home?



## **Or through the Catechetical Correspondence Courses**

If your child is not in Catholic school, you may be using the Catechetical Correspondence Courses. These are home study programs that encourage parents to read and talk about lessons together with their children.

## **Children with Special Needs**

If your child has special learning needs, and you are concerned about their participation in the Sacraments, be sure to reach out to both the school and your parish for assistance. We are here to help!

Further resources for parents of children with special needs are available on our website:

[www.hamiltondiocese.com/offices/catechesis/sacraments/parents](http://www.hamiltondiocese.com/offices/catechesis/sacraments/parents)



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## PREPARING FOR FIRST CONFESSION *(First Reconciliation)*

## Simple Suggestions for Parents and Caregivers

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- + How did you learn what was right and wrong?
- + How did you learn to say sorry?
- + Have you ever felt forgiven?
- + Have you ever forgiven someone else?
- + Think about an experience where you were aware how much God loved you.

You probably have lots of life experiences that help you teach your child about the Sacrament of Reconciliation.