



Preparing for First Communion

(FIRST EUCHARIST)

Simple Suggestions for Parents and Caregivers

AT HOME + AT SCHOOL + AT THE PARISH

The goal of all sacramental preparation is to help the person be open to the grace of Almighty God gifted to them through the Sacrament. Children become more open to God’s grace in the following ways:

- + By experiencing God through the love of our family and friends
- + By being thankful for our blessings
- + By sharing with others
- + By learning about God through lessons and Bible stories
- + By praying on their own and with other
- + By participating in the Mass, especially with their family





At Home

Any time you welcome or gather

You teach about the need to be welcoming, to be in community, to come together as a family, or a team, or any group who loves one another and works together.

Any time you listen to one another's stories

You teach about the need to be respectful when others are speaking. You prepare your child to listen attentively at Mass, especially during the homily.

Any time you share a Bible story

You teach about the need to know the stories of our faith. You prepare your child to look forward to the stories they already know and encourage them to be excited to learn new stories.

Any time you give thanks for a meal

You teach your child about gratitude which is the main attitude we are called to in the Mass.

Any time you do a good work to help others

You teach your child about the importance of living our faith. This will help them understand the dismissal at Mass "Go and glorify the Lord by your life."

At School

In our Catholic schools, children are learning from a program called *Growing in Faith, Growing in Christ*. It teaches children about the Eucharist from Kindergarten to Grade 8. It helps children understand the great prayer of the Mass, and how we are all called to the Lord's table.

You are encouraged to participate in your child's learning through this program.

***Growing in Faith, Growing in Christ* includes a digital parent portal providing** handouts, books, or online activities for the family to try at home. Ask your Catholic School for log-in information to explore these resources at home.

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. Registration can be completed here →



Children with Diverse Learning Needs

If your child has diverse learning needs that might require accommodations for Sacramental preparation be sure to reach out to both the school and your parish for assistance. We are here to help!

Further resources for adaptive preparation can be found here:

<https://bit.ly/resources-diverse>





At the Parish

There is no better way to be prepared to participate fully in the Eucharist than to attend Mass. When you are at Mass as a family, you may want to take time to emphasize some key moments and gestures:



Take time as you dip your fingers into the holy water at the door of the church and make the sign of the cross.

Remind your child that we do this to remember our Baptism. Our Baptism marks the moment when we become a child of God, loved unconditionally.



Take time as you genuflect at your pew.

Remind your child that we bow down before the presence of Jesus in the tabernacle. Jesus is really present in the Eucharist and Jesus is God!



Encourage your child to follow along with the words in the hymnal or Mass booklet in the pew.

Remind your child that we are all called to fully participate in the Mass by singing, praying, and listening together.



Bring your child up with you to receive Holy Communion.

Encourage your child to become familiar with the experience of receiving Communion, including the steps of receiving and consuming the host, as well as the response of "amen." Children learn quickly by your own modeling. Until First Eucharist is received, your child may come forward with crossed arms to receive a blessing or words of acknowledgment.