



Preparing for First Confession

(FIRST RECONCILIATION)

Simple Suggestions for Parents and Caregivers

AT HOME + AT SCHOOL + AT THE PARISH

You probably have lots of life experiences that help you prepare your child for their First Confession.

- + How did you learn what was right and wrong?
- + How did you learn to say sorry?
- + Have you ever experienced forgiveness?
- + How does it feel to forgive someone else?
- + Think about an experience where you were aware of how much God loves you.



DIocese of HAMILTON

www.hamiltondiocese.com



At Home

Any time you make or enforce a rule

You teach about the importance of rules to help 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

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

Any time you help your child with conflict

You teach your child about the importance of communication, apologies, and healing.

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.

At School

In our Catholic schools, children are learning from a program called *Growing in Faith, Growing in Christ*. It teaches children about the Sacrament of Reconciliation from Kindergarten to Grade 8. It helps children understand the meaning of sin, conscience and the goodness of God's mercy found in the Sacrament of Confession.

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 preparation for the Sacraments than to be supported by the community of Christ at your local parish. Make regular Mass attendance a way in which you show your child that the family of God is love, and we pray for forgiveness and hope in God's mercy at each celebration of the Eucharist.



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 to look at the signs and symbols of love and mercy that are present in your parish.

Encourage your child to make connections between what they see, and what they know about mercy and forgiveness.



Take time to practice well-known prayers including:

The Sign of the Cross, Our Father, Hail Mary, Glory Be, and an Act of Contrition.



Take time to say hello to your parish priest before and after Mass.

Remind your child that our parish is an important community to which we belong. This creates an ease of familiarity at First Confession.



Make a quick tour of your parish confessional, or the space that might be used for First Confessions.

Answer any questions your children might have about what they see in this space. Practice the steps of Reconciliation so they feel confident about what's expected of them.