



Preparing for First Communion

A Parent Resource

First Holy Communion deepens your child's lifelong relationship with Jesus Christ. Through the Mass, we are nourished by Word and Sacrament to be strengthened to love and serve others. **Parents play an important role in helping their children prepare for this Sacrament of Initiation.**



Parents are first teachers of faith

Children learn faith by watching the people they love. Simple family moments help our children prepare to receive the Eucharist and learn about God's love:

- praying before meals
- talking about God
- reading the stories of Jesus
- forgiving one another
- helping those in need



What your child is learning

At this stage of your child's development, they are beginning to understand:

- Jesus is truly present in the Eucharist
- The Mass is the source and summit of our Faith
- We belong to God's family, the Church.
- The Sacraments help us as we grow in relationship with Jesus.



Before First Communion

Help your child prepare for the Sacrament by:

- attending Mass on Sunday
- praying together
- talking about the Gospel after Mass
- receiving the Sacrament of Reconciliation
- asking questions about the faith and working together to find the answers

In the family, faith is handed on together with life, generation after generation. It is shared like food at the family table and like the love in our hearts. In this way, families become privileged places in which to encounter Jesus, who loves us and desires our good, always.

- Pope Leo | June 2025, Jubilee of Families





How do I prepare my child for this sacrament?

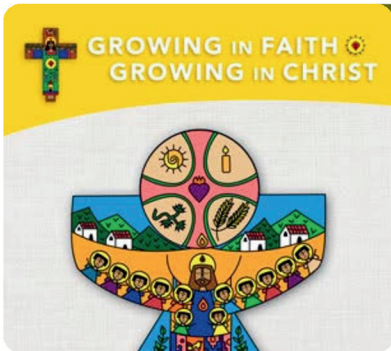
The goal is not to simply prepare for **one day**, but to help your child become a lifelong disciple of Jesus. There are lots of helpers available to support a child in their journey of Initiation, including: home, school, and parish.



HOME

Make faith a part of ordinary life. Ideas include:

- celebrating the liturgical seasons with weekly prayers
- decorating your home with signs and symbols of faith
- reflecting on the blessings of the day and giving thanks
- participating in parish life and children/family ministry events
- supporting a charity and learning about its work



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.

If your child is not in Catholic School, reach out to us about the **Catechetical Correspondence Program**:



PARISH

At Mass, help your child participate meaningfully by:

- making the Sign of the Cross
- genuflecting toward the tabernacle
- singing and responding
- listening intently to the readings and homily
- watching what happens on the altar
- talking after the Mass about what your child experienced

A Prayer for Families

Good and gracious God,
In you we place our trust, mindful of your constant presence and loving care.
Through your goodness we have received life
and the joy of living in relationship with one another.
As we navigate the daily tasks of family life,
may we call on your Spirit to lead and inspire us.
Knowing the constant love you have for us,
may we offer praise and thanks to you.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit, God for ever and ever.
Amen.

Adapted CCCB 2026, National Family and Life Week

