Praying With Children At Home

HINTS FOR PARENTS

† You can pray with words, music, silence or gestures.
† Pray ... at bedtime, at table, in the car, before a test or game, when someone is ill, when good things happen, when worried, when you encounter beauty, danger, the unknown.
   A prayer space at home is a good reminder to pray.
† Pray about real concerns and feelings of those participating. Teach older children to respect the prayer of younger ones, even though it may seem silly to them.
† Pray in all ways. Our tradition teaches about four ways to pray: 'gimme' (petition), 'thanks' (thanksgiving), 'wow' (praise) and 'oops' (contrition).
† Use traditional memorized prayers as well as spontaneous prayer from the heart. Use repetitive prayer responses with small children, like "Come, Lord Jesus" during Advent.
† Avoid correcting children during prayer. Take a child aside privately if their behaviour at prayer time is inappropriate.
† Use silence and quiet reflection which are essential praying skills. Start with short periods of silence for small children. A candle or music helps them stay focused.
† Create a "Sacred Space".
† Use simple routine ways to help children enter into prayer: lighting a candle, ringing a bell, a Sign of the Cross, music or a song refrain, closing one's eyes, deep breathing.
† Pray with your whole body. Kneel, sit, stand, bow, process, shake hands, extend hands in blessing. Children thrive on prayer with action.
† Use concrete objects as prayer aids: candles, crucifix, include symbols like water, bread, wheat, plants, rocks, butterflies, oil, etc.
† Let children participate and lead prayer according to their abilities by reading, making prayer aids, doing gestures, singing, playing an instrument, lighting candles, adding a petition, etc.
† Teach by example. Let your children see you praying alone or with a spouse or others.
† Keep prayer books, scriptures and other prayer aids in accessible places like kitchen, bedroom and family room.
† At bedtime share an instance of where you showed love to each other and one where we may not have shown love and ask forgiveness if we have offended.

This is part of a series of handouts on Nurturing Faith in Families published by the Parish Support Unit, Diocese of Broken Bay.
For further information please contact Janene Davidson, Diocesan Coordinator Family Life Ministries janene.davidson@dbb.org.au

You are invited to the annual
DIOCESE OF BROKEN BAY

2014 Mass for
People with Special Needs
and their Families

Sunday 30 November 2014
10:30am
Hosted by
St Agatha's Parish
20 Boundary Road
(entrance off Trebor Rd)
Pennant Hills

Celebrant: Fr. Vince Casey
Diocesan Administrator

Lunch will be served at the conclusion of the Mass.
Please advise if you require transport or other assistance, or have any special dietary requirements.

RSVP: 23 November 2014
If you or your family would like to participate in the Mass please contact Susan Lee by phone 9476 5338 or email susan.marlee@bigpond.com
To RSVP please call Colleen/anne on 9847 0448 or 4332 9825 or email registrations@dbb.org.au