

**A few Prayers your  
Child is learning**

**Our Father**

Our Father who art in heaven  
hallowed be thy name.  
Thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread  
and forgive us our trespasses  
as we forgive those who trespass against us.  
And lead us not into temptation.  
But deliver us from evil. Amen.

**Journey Prayer**

Arise with me in the morning.  
Travel with me through each day.  
Welcome me on my arrival.  
God, be with me all the way.

**Morning Prayer**

Father in heaven, you love me,  
you're with me night and day.  
I want to love you always  
in all I do and say.  
I'll try to please you, Father.  
Bless me through the day. Amen.

**Grace after Meals**

Thank you, God, for the food we have  
eaten.  
Thank you, God, for all our friends.  
Thank you, God, for everything.  
Thank you, God. Amen.

At the back of your child's book there is a list of all  
the prayers they are learning.  
Use these during your prayer time at home!

**Hail Mary**

Hail Mary, full of grace  
the Lord is with thee.  
Blessed art thou among women  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, mother of God,  
pray for us sinners,  
now, and at the hour of our death. Amen.

**Glory be to the Father**  
Glory be to the Father,  
and to the Son,  
and to the Holy Spirit,  
as it was in the beginning,  
is now and ever shall be,  
world without end. Amen.

**Night Prayer**

God, our Father, I come to say  
thank you for your love today.  
Thank you for my family,  
and all the friends you give to me.  
Guard me in the dark of night,  
and in the morning send your light. Amen.

**Grace before Meals**

Bless us, O God, as we sit together.  
Bless the food we eat today.  
Bless the hands that made the food.  
Bless us, O God. Amen.

*Family is where prayer is first shared.  
In its experiences of reconciliation and of shared  
meals, it anticipates the sacraments of  
Reconciliation and Eucharist. Family is where the  
seed of faith begins to grow. It is where children  
come into contact with the God in Jesus Christ.*

*From the First Communion Diocesan Policy*

**Consider** taking your child to  
visit the Church outside of  
Mass times. It is often a much  
quieter and more personal  
experience. Perhaps light a  
candle and say a prayer for someone who is  
unwell or who has died, or maybe say a prayer of  
thanksgiving for the gifts that God has given to  
your family!



**Don't forget to continue these  
practices after the reception of  
the sacraments!**

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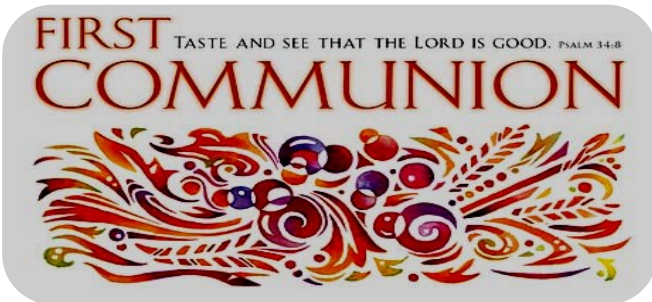


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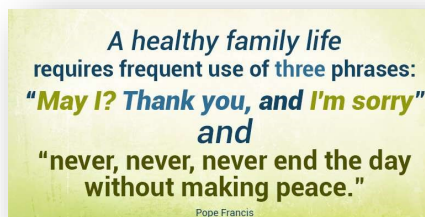
**Information for  
Parents & Carers**



The celebration of First Communion is not an end in itself, but is a sacred and important moment on a long journey of faith development. Together with Baptism and Confirmation, it opens the door to full participation in the Christian family.

The invitation this year is for you to take an active role as a family in preparing with your child.

- Parents are crucial people in their child's life and faith journey. You are now, and have always been, your child's first and best teacher. It is your example they follow. Preparation for the sacraments is a unique opportunity for parents and children to talk about their faith.
- It provides teachable moments at home and in church when what they are learning from teachers and books can be connected to what children see and live.
- It enriches the whole family. In addition to helping build a bond of faith between parents and the child undertaking the preparation, it provides opportunities for younger children to be introduced to elements of our faith and for older children to deepen their understanding of the sacraments.



### How you can support your child:

- Talk to your child about First Holy Communion and why they are receiving it
- Regularly accompany your child to Mass
- Spend time with your child preparing for the Mass by reading the Gospel and Mass responses. Help your child with any activities they are asked to do at home.
- Become involved in planning and preparing the Sunday Family Mass in your parish.
- Create a family prayer space.
- Pray with your child at home.

*Be the Message  
...you want to pass on to your child*

### A Parent's Prayer

Help me give my children the best... not of trappings or toys, but of myself, cherishing them on good days and bad, theirs and mine. Teach Me to accept them for who they are, not for what they do; to listen to what they say, if only so they will listen to me; to encourage their goals, not mine; and please, let me laugh with them and be silly.

Let me give them a home where respect is the cornerstone, integrity the foundation, and there is enough happiness to raise the roof. May I give them the courage to be true to themselves; the independence to take care of themselves

### Setting up a Prayer Space in your home:

A prayer or sacred space is a small area in which you can place symbols that help your child to sense and express that God is present in their lives. Children often use their sacred space at home as an area for the "holy objects" that they accumulate from home, school, relations and parish.



It doesn't have to be complicated. A window sill or corner of a table will do. Place a coloured cloth here with the a Candle and any other sacred symbols that appeal to your child. Talk with them about the meaning of the objects & symbols they are placing in their sacred space. They can be changed with the different seasons eg. at Christmas and Easter.

*N.B. Always supervise children around lighting candles.*

### Suggestions for praying with your child

- Use the prayers your child is learning at school
- Say a grace before meals when you sit down to eat as a family.
- Encourage them to pray for friends & relatives.
- Pray with your child before they go to sleep at night. This is a lovely time to talk over their day and to thank God for the good things in our lives and to ask God to bless all the people we love.

