

Catholic Parenting Newsletter

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Parents—If your child has art work he or she has completed, display it!

Love—Love is the only present that when you give it away, leaves us with more to give.

“Live so that when your children think of love, fairness, integrity, and tenderness, they think of you.” Anonymous

“Be happy and show it when others have success. Self-respect grows when we appreciate others’ blessings.”
Mercedes Arzu Wilson

“The good you do today may be forgotten tomorrow... Do Good Anyway.”
St. Teresa of Calcutta



Home is the “domestic Church”

Every family is a small *Church at home*, a “domestic Church.”

This belief has been deeply ingrained in Church tradition. But what does this expression to be “a *domestic Church*” mean for today’s parents? It means that Jesus, who is at the center of the Church, is also at the center of the family. We are united with Jesus and with one another through him. In this way a family is a domestic Church.

How do parents help this small “Church at home” to appear and grow? By following Jesus’ own example! In the story of Jesus and the children from the Gospel of Mark, we see Jesus playing a very active role. He does not teach or explain, nor does he question. Instead, he interacts with the children; he shows

his love by touching them. This model is perfect for parents: he puts his arms around the children, lays his hands on them and blesses them. Parents need only follow his example to show children how Jesus is present in their lives.

Families can bless their children and ask God to protect them. A blessing from one’s parents is a small gesture that carries with it extraordinary richness and meaning. Through this action, the parent entrusts the child to God and asks for all that the child needs...for the child to feel God’s presence, and for his or her peace of body, spirit and heart.

Make the sign of the cross on your child’s forehead as you say how much you and God love him or her: “I bless you, my little child of God! I entrust you to Jesus.” *Adapted from Come, let us pray!*

Recommended Reading: MagnifiKid! Help Children Pray and Follow Sunday Mass (ages 6-12)

The ideal spiritual guide for your children, perfectly adapted to their lives:

- to accompany them on the path of daily prayer;
- to help them develop and nourish their spiritual lives;
- to hand on to them our rich Christian spiritual values;
- to encourage them to participate fully in the life of the Church.

Every week, MagnifiKid offers:

- All the readings and the prayers of the Sunday Mass with explanations of the difficult words and the meaning of the rituals;
- A suggested prayer for Morning and Evening;
- Many suggestions on how to live the entire week with the Lord;
- Various games, a comic, and activities to help children learn about Christian life and culture;
- A page intended for the parents with suggestions for family prayers.



Praise your Child Often...



Everyone...especially children benefit from a boost in self-confidence. Kids need words of praise. Children face situations regularly with which they have no experience dealing and words of praise go a long way. Everyone needs to overcome self-doubt and build confidence in their own abilities, appearances and personalities, and words of praise are a fantastic way to add reassurance.

Sometimes it's easier to notice difficult behaviors than positive behaviors. But look for the times when your child is behaving in positive ways, and praise your child's behavior. Your child will feel good, and focusing on positive things will help you feel good too. Mark Twain once said, "I can live two months on one good compliment!" Make sure that the positive things you say to your child outnumber the negative things by five to one. Always look for ways to praise your child's skills, talents, and abilities. When you compliment your child, try to be very specific and concrete. For instance, "You did a great job of cleaning your room. I especially like the way you made your bed and arranged your stuffed animals." Affirming your child for effort and accomplishments is good; but don't mix your "Cs" (compliments with criticisms). "Honey, what a beautiful drawing you did. Next time try to be a little neater." *The criticism cancels out the compliment.*

Praise nurtures your child's confidence and sense of self. By using praise, you're showing your child how to think and talk positively about themselves. You're helping your child learn how to recognize when they do well and feel proud of themselves. You should praise children of different ages for different things. You might praise a younger child for sharing or for leaving the park when asked. You can praise a teenage child for coming home at an agreed time, or for starting homework without being reminded.

How to Praise a Child With Words

- * Praise Sincerely And Honestly. ...
- * Be Specific And Descriptive. ...
- * Praise Children's Efforts And The Process, Not Their Achievement or Ability. ...
- * Avoid Controlling Or Conditional Praise. ...
- * Avoid Comparison Praise. ...

Housework Hustle

Turn household chores into a fun party to "clean it like you mean it."

Singing and dancing together as your kids straighten their rooms, put away their toys, make the beds, and more—turns daily tasks into a fun and active bonding experience amongst families.



Grandparents: Keepers of the Family's Stories

All families have a unique history comprised of milestone events and peopled by a diverse cast of characters. This history of a family is passed on in the telling of its stories. The richest families are those in which the stories have been remembered, treasured, and incorporated into the spirit of the family.



Grandparents, more than anyone else, are the keepers of the family stories. They are a living bridge between the past and the future of a family. Their intimate connection with the two generations that preceded them and the two that follow gives them a remarkable knowledge and view of the landscape of five generations. Along with self-confidence and family pride, the family stories teach the faith, ethics and values of a family. Our faith stories help us to see how God has worked in the family story and brought us to where we are today. They link us to the good and saintly people who have been part of the family chain, and these people provide models for newer generations. Children need heroes with whom to identify and they are greatly enriched if they can find people in their own families to inspire and give them direction.

Maintaining and passing on the family stories is a precious gift that grandparents can give to their grandchildren. Some ideas to share family stories are:

- Compose and frame a collage of the previous generations of your family.
- Ask grandparents to tell stories of what life was like when they were a child, and ask them about their parents and grandparents.
- Create a family cookbook with favorite family recipes and the stories that go with them.
- If possible, take grandchildren to visit the ancestral home and church of your family.

Adapted from a story by Deacon Gary and Kay Aitchison

World Meeting of Families—June 23-27, 2022

Pope Francis and the Vatican Office for Laity, Family and Life have announced that the 2022 World Meeting of Families will be held from June 23-27, 2022 in Rome and will focus on the theme “*Family Love: A Vocation and a Path to Holiness.*”

This World Meeting of Families will reflect on the spirituality of the family in light of the call to holiness expressed in *Gaudete et Exsultate* (Rejoice and be Glad). It is an Apostolic Exhortation on the call to holiness in today's world.

Pope Francis said the meeting will take on a special format. After more than a year of remote working and learning, along with increased awareness of online tools, the meeting will be updated to allow more people to participate, despite physical distance. “It will be an opportunity provided by Providence to create a worldwide event that can involve all the families that would like to feel part of the ecclesial community,” said Pope Francis.

Watch for additional resources at the United States Conference of Catholic Bishops website: www.usccb.org/topics/marriage-and-family-life-ministries/world-meeting-families-2022



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**Catholic Parent
Newsletter**

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and/or contact person
information here!

PRAYER FOR PARENTS

*God, Our Father, loving and merciful, bring together and keep
all families in perfect unity of love and mutual support.*

*Instill in each member the spirit of understanding
and affection for each other.*

*Keep quarrels and bitterness far from them, and for
their occasional failures instill forgiveness and peace.*

May the mutual love and affection of parents set a good example.

*Instill in children self-respect that they may respect others
and grow in mature independence.*

*May the mutual affection and respect of families be a sign
of Christian life here and hereafter, through Jesus Christ,
our Lord and Savior. Amen.*