

A note for parents on
Supporting younger children
as they go to Mass

First of all, thank you for all you already do and try to do to support your children

It is not always easy to patiently provide the children with the help and support they need to internalise the disciplines to prepare for and participate in the celebration of Mass.

Here are a few hints and encouragements.

- Arrive at Mass in good time for the children to prepare themselves prayerfully for what will follow
- Spend time with your children to explore together what this week, you each want to thank God for, say sorry for, and ask for help with.
- The *Wednesday Word* (distributed at St Nicholas School) is a helpful resource for you to use at home, to build on what is done in school, and prepare for Sunday.
- Ensure that children have a *Beginner's Guide to Praying the Mass* so as to follow and learn the prayers of the Mass. Make sure they follow the readings in the newsletter or in a *Sunday Missal*, and that they use a hymnbook.
- Set the children a good example by yourself making the responses at Mass clearly and audibly; and joining in the singing of the songs of the Mass.
- If bringing still younger children to Mass who need toys/books to occupy them, please bring soft toys only, and books that relate to the Mass/Scriptures, so as minimise distraction for older children and others.

Fr. Allen

A CHILD'S GUIDE TO
Preparing to go to Mass

1. It is very good to know the Gospel of the Mass beforehand. You can find this in a Sunday Missal and other resources to help us celebrate Mass well.

2. Think about three things to pray about during the Mass

- **ONE THING**
that you want to **THANK GOD** for.
- **ONE THING**
that you want to **SAY SORRY TO GOD** for.
- **ONE THING**
that you want to ask **GOD'S HELP** with.

3. When you get to church:

- a. Dip your hands into the Holy Water basin in the porch and make the Sign of the Cross, as you remember your baptism.
- b. Make your way to your bench, and genuflect to the Blessed Sacrament.
- c. Before you take your seat, kneel at your place and pray quietly to God speaking to him about the things you want to say thank you for, sorry about and ask for help with.