



5 Ways to Help Raise Children in the Faith



SAINT JAMES SCHOOL
ARLINGTON HEIGHTS



I N T R O D U C T I O N


Raising children is hard enough, but trying to raise children in the Catholic faith can feel almost impossible at times. With countless influences from the world, busyness and distractions taking over our lives, and numerous young adults leaving the faith, you know all too well how important it is to foster strong Catholic values and character in your child at every stage of their journey.

While parenting your children in the Catholic faith requires time and intention, it doesn't have to be as difficult as we make it out to be sometimes. **Here are five ways** that you can start to build a strong foundation of faith in your child:



O N E

Lead by example



Children learn to model what they see their parents do. When you make Mass a regular priority in your family life, go to confession, or practice prayer at home, they're seeing what an active faith looks like in practice – and those habits can foster a greater interest in their faith later on.

What to do:

- + Make attending Mass a priority every week.
- + Pray often in front of your children, and invite them to pray with you.
- + Teach them about the lives and examples of the saints.
- + Help make weekly services memorable or exciting by building habits around them (ie. make a fun meal/snack, go out for donuts, play/sing special music in the car, have a family game time before or after Mass)
- + Regularly attend Confession and Adoration, and explain why these sacraments are important.



T W O



Talk about your faith

Many children grow up witnessing their parents practice their faith, but don't ever directly talk about the faith in their family. By providing a space where kids can ask you questions and engage with you, your children can grow in their curiosity about what it means to be Catholic, and ultimately build a faith that is their own.

What to do:

- + Explain why certain practices of the faith are personally important to you.
- + Ask them what they thought about the service. Did they learn anything? Do they understand what is happening?
- + Turn off the car radio or the TV a few times a week and spend the time talking about spiritual matters with your children.
- + Read the Bible together.



T H R E E

Involve others



You don't have to build your children's faith alone. St. James offers a variety of groups and events for kids of all ages, and these groups can be a great way for kids to learn about their faith in a context with others in the same stage of life as they are.

What to do:

- + Enroll your kids in age-appropriate faith formation activities.
- + Attend a class, talk, or formation event for yourself to learn and feel more confident talking to your kids about the faith.
- + Encourage your child to go to camps and retreats that help foster their faith.



F O U R

Get involved



Getting involved is a great way for your children to authentically experience the faith in a personal way. By serving in your community or volunteering at your parish, your children can learn about the virtues of selflessness and service while developing greater compassion for others.

What to do:

- + Volunteer to serve together within your local parish.
- + Serve with a charity or local nonprofit as a family.
- + Find a cause that your family can donate to or support and encourage your kids to find creative ways to raise money.



FIVE

Enroll your children in a Catholic school

Teachers and school environments have a long-lasting impact on the lives of students. Especially in today's world, what is taught and how it is taught could not be more important. While children can grow in any educational context, Catholic education provides children with a unique opportunity to build a foundation of faith while also growing in knowledge. And when faith is applied to knowledge the result is strong minds, beliefs and values.

With just a few practical actions every day, you can help build Catholic character in your child and help them grow in goodness and virtue.



St. James School would
love to be a part of helping
grow your child's faith.

Learn more about how you can become a part of the
family at St. James School by taking a tour today!

[TAKE A TOUR →](#)



SAINT JAMES SCHOOL
ARLINGTON HEIGHTS