

## **HANDBOOK FOR FAMILIES WITH CHILDREN GRADES 1-4**

### **FAMILY FAITH RHYTHMS: HABITS OF THE HOUSEHOLD PROGRAM**

We are now partnering with parents! Parents of children in grades 1-4 will be meeting in the church hall while their children are in class. During this seven-week program, you will discuss habits and the practical wisdom our faith offers families. At least one parent must be in attendance and will come in for the session during their children's class time for the first SEVEN classes. Children will have classes 14 times a year at 1 hr and 15 minutes per class. Family Events are NOT required (but encouraged) even for families who have children in grades 5-9. Parents will check in during their sessions and be assigned to a small group. These sessions will equip, encourage and empower parents as the primary faith providers of their homes as parents. If you have children under grade 1, they are welcome to come!

Grade 3 First Communion Parents will be notified of the dates for First Confession and First Communion as the year progresses.

Two absences are allowed for children in the classroom. Please make up the chapter at home and show the catechist at the next class and we will put in an "excused" absence.

Please download the "REMIND" app. We care about you as much as we care about your children! Contact info: [faithformation@stlukect.org](mailto:faithformation@stlukect.org)

#### **Topics covered Year 1 in the Parent Sessions:**

1. Waking Up
2. Mealtime
3. Conversation
4. Discipline
5. Screen Time
6. Bedtime
7. Listening Session-What topics do you want to talk about next year?

#### **Set-Up Of Each Session**

1. Small group discussion/Community building with glory stories or failures discussed from the last session (except session 1. Session one will have a group text created along with a FORMED account created) (10 min)
2. Intro video of the topic (10-20 min)
3. Witness Testimony (3 min)
4. Small Group Discussion/Community Building with table facilitator. (30 min)
5. Take-home material to build a digital library-creating a "life-faith-life" example of the habit forming at home.