

Family Faith Rhythms: Habits of the Household

Handbook for Families with Children in Grades 1–4

We are excited to partner with parents in forming the faith of their children. While children in grades 1–4 attend class, parents will gather in the church hall for their own seven-week formation experience. Together, we will explore practical habits and the wisdom our faith offers for family life.

Program Overview

Parent Sessions

- Parents of children in grades 1–4 will meet **during their child’s class time** for the **first seven classes** of the year.
- **At least one parent** must attend each of these seven sessions.
- Parents will check in, join a small group, and participate in guided discussions and activities designed to **equip, encourage, and empower** them as the primary faith leaders in their homes.
- Families with younger children (under grade 1) are welcome to bring them along.

Children’s Classes

- Children in grades 1–4 will have **14 classes per year**, each **1 hour and 15 minutes** long.
- **Two absences** are allowed. If your child misses a class, please complete the chapter at home and show it to the catechist at the next session so the absence can be marked “excused.”

Family Events

- Family events are **encouraged but not required** for families with children in grades 1-4, including if those families with grades 1-4 children also have children in grades 5–9.

Grade 3 Sacraments

- Parents of Grade 3 students will receive dates for **First Confession** and **First Communion** as the year progresses.

Communication

- Please download the **REMIND** app for updates and announcements.
- We care deeply about supporting your whole family—parents included.
- Contact us at: faithformation@stlukect.org

Topics Covered in Year 1 Parent Sessions

1. Waking Up
2. Mealtime
3. Conversation
4. Discipline
5. Screen Time
6. Bedtime
7. Listening Session – What topics would you like to explore next year?

Structure of Each Parent Session

1. **Small Group Sharing** (10 min) Community-building through discussion of “glory stories” or challenges from the previous week. *Session 1 includes setting up a group text and creating a FORMED account.*
2. **Introductory Video** (10–20 min) A short teaching video introducing the week’s theme.
3. **Witness Testimony** (3 min) A brief personal story related to the topic.
4. **Small Group Discussion** (30 min) Guided conversation with your table facilitator.
5. **Take-Home Resources** Materials to help you build a digital library and practice each habit at home through a “life-faith-life” approach.