



# HEY, PARENTS: YOU'VE GOT THIS!

Parenting is one of the most rewarding, and yet challenging, responsibilities we may shoulder in life. A key part of Catholic family life - living the faith at home - may seem like a daunting task. But remember, God is equipping you; to be sure, He is already at work in your family and He desires to deepen His relationship with you and those closest to you.

## YOU'RE NUMBER ONE

Both new data and conventional wisdom affirm that *you* have the most powerful influence on the faith life of your child. One study found that "82 percent of children raised by parents who talked about faith at home, attached great importance to their beliefs and were active in their congregations were themselves religiously active as young adults..." (<https://bit.ly/2yXgkxb>). This is incredibly affirming. You matter. You and your efforts are making a difference!



## IT DOESN'T HAVE TO BE HARD

Findings from a 2015 study (<https://bit.ly/2LFxnqk>) point to the fact that five simple family life practices may contribute to a youth's acceptance of a life of faith. Even at this time when access to the sacraments is relatively limited, we can still observe these to great effect: 1) Keep Sunday holy; 2) Pray regularly (before meals, before bed, etc.); 3) Be open about your faith life; 4) Support your parish (show the importance of giving, pray for pastor & staff, etc.); 5) Discuss vocation (<https://bit.ly/2Ziy9kS>).

## WE'RE HERE TO HELP!

Diocesan administration and local parishes are working hard to ensure that you have what you need to feel ready to live your faith robustly and joyfully as a family. In addition to support you may receive from your local parish, the diocesan website houses a wealth of resources for your convenience (<https://bit.ly/2LB3d7z>). Your parish staff will be happy to respond to any specific faith formation questions you may have ( ). You may also reach out to the diocesan Catholic Formation department anytime (<https://bit.ly/3cVOXEh>).

