

Family Rituals

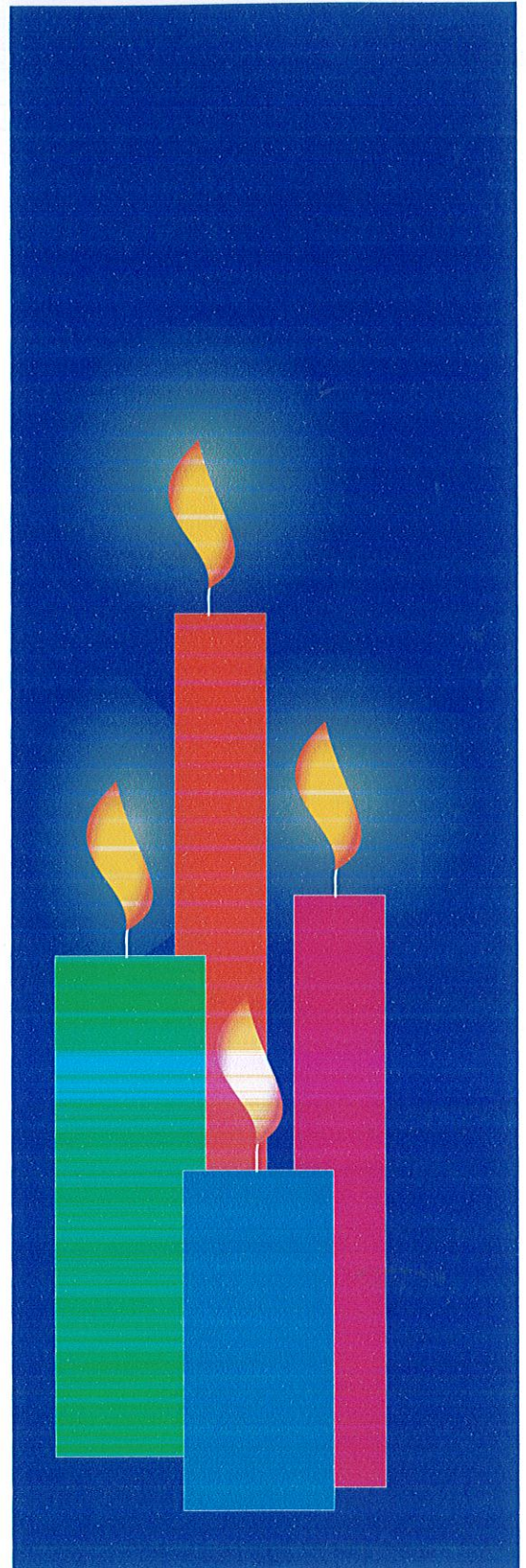
Rituals are tremendously important in family life. Many of our fondest memories of our childhood relate to family rituals, like long Christmas lunches, Sunday walks on the beach, buying ice-creams after Mass, praying the Rosary or reading bedtime stories together.

Rituals nurture the emotional and spiritual health of the family. They promote belonging and intimacy in our family relationships. They punctuate our lives with purposeful and memorable encounters with each other. Faith rituals in particular play an integral role in forming our children in their faith. Every family will develop its own unique expression but you might like to consider these ideas to enliven your family's faith life.

Everyday Prayer Rituals

Children benefit from predictable routines so establish some simple prayer rituals that you can use everyday.

- **Grace before meals** is a simple way to bring God and his blessings into our awareness
- **Family prayer-time** is a wonderful way for family members to bond and reflect on their day
- If you're not in the habit of praying the **Rosary**, try 'The Rosary Keychain': a simple adaptation of this traditional prayer which works well with children
- A wonderful way to settle young children for sleep is with a **bedtime blessing**. Given by the parent, a bedtime blessing is calming affirmation of the child's goodness and value.



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