



Growing Up Catholic

Resources for engaging and evangelizing parents to form their own children in faith

- Partner with parents
- Help them understand their role
- Form and empower them
- Give them the right resources & support
- Form households of faith

**Bringing parents into
the process:**

**Faith formation that
lasts a lifetime!**

New Roles

- Our approach is driven by the idea that we should **coach parents** to form their own children. They become catechists.
- Your role in the faith formation of children in your parish remains a very important one. You now **become the coach** to assist, empower, teach, and cheer on the parents to play their role better.

Resources in this Document

This document outlines resources to help you apply this model through the different stages of the faith formation process.



Baptism & Young Families

Baptism preparation can be frustrating for both the leader and the participants. Parents often don't want to be there and may see it as a waste of time. What if we used this as an opportunity to engage parents around this new stage in their lives and evangelize them?

Growing Up Catholic Baptism Preparation

- Focuses on **evangelizing parents** and deepening their faith.
- Helps parents **step into this amazing new role**. *Start coaching them from the beginning.*
- Speaks to parents **where they are at**, starting from their current experience, both joys and struggles.
- A **welcoming process** that reaches out to non-Catholic spouses and less-active Catholics.
- **Discussion-based** sessions built around faith journey, the Paschal Mystery in daily life & parenting, and connection to the larger Church community.
- Designed to be **flexible**. It can be used in the recommended three session format or in one-session or two-session variations.
- Delivered as **reproducible** PDF and editable Word files, including leader guide, worksheets, FAQs and handouts.



During the period after baptism, many families lose connection with their parish. Their children are fidgety at Mass and the stresses of parenting a young child make it difficult for them to prioritize their faith. This is a time when the Church needs to reach out to stay in touch.

Post-Baptism Resources & Tools

- **After the Plunge** is a series of seasonal letters and leaflets.
- Stay connected to your young parents through quarterly **mailings**, using this resource as the starting point.
- Offer something **meaningful and relevant** to these young families.

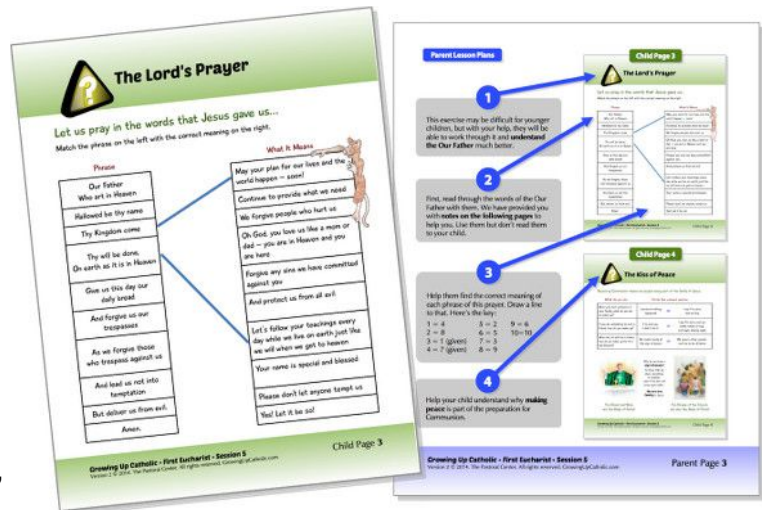


Sacramental Preparation

Preparation for these sacraments is a wonderful time to start really involving parents. As leaders, you have a little more leverage, since parents expect to be involved in some way (and they want their children to receive these sacraments). Bring them into the process and teach them their role. Then they'll be ready for more.

Growing Up Catholic First Eucharist, First Reconciliation, and Confirmation (in Restored Order)

- **Designed to coach parents.** This brings them into the process and makes them the teachers of their own children.
- **Uses handouts instead of textbooks.** Textbooks are intimidating. Handouts empower parents, help children learn, and keep costs down. Children, parents, and leaders each get their own.
- **Brings faith home.** We emphasize at-home activities that extend faith into the household and will make faith last a lifetime.
- **It's about loving Jesus!** We want to help the children (and the parents!) fall deeper in love with Jesus, not just absorb theological knowledge.
- **Faithful to Church teachings.** Our materials faithfully reflect Catholic teachings, traditions, and liturgical practices and is completely faithful to the Catechism of the Catholic Church.
- **Easy for the catechist.** We make your life easier: you spend less time trying to control the room or helping kids keep their place and more really making a difference.
- **Multiple languages & ages.** Available in English & Spanish, and grade school & middle school editions.
- **Delivered as reproducible PDF files.**



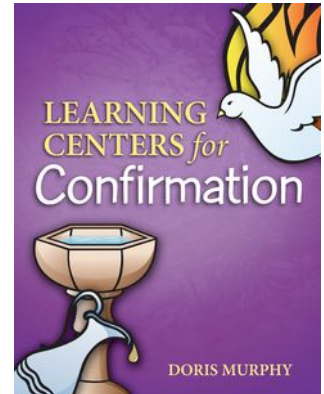


Confirmation Preparation

When we prepare older youth for confirmation, we often automatically assume that parents won't be significantly involved. But this is such an important time to encourage families to talk about their faith together. Parents and their children can learn side-by-side and really start engaging these issues on an adult level.

Confirmation Preparation

- **Learning Centers for Confirmation** offers activities for parents and teens to learn about this sacrament together. They accommodate a number of learning styles, with church teaching, Scripture, prayers, conversation, and fun activities that reinforces the teaching.





Family Catechesis

Ongoing faith formation is traditionally focused on just the children, but we now know that their faith is very unlikely to last if their parents are not engaged in their faith and the process. We offer a variety of resources to involve parents.

Growing Up Catholic **Whole Family & Parent Catechesis**

This resource works alongside your current curriculum, reinforcing the learning with the whole family.

- Sessions for 11 core topics found in all major Catholic curriculums and the CCC.
- Schedule one **whole family** session for each module in your regular curriculum, when parents and children can learn side-by-side.
- Parents meet for **parent catechesis** while their children are in class, on special parent evenings, or as part of a PTA meeting.
- Includes free leader's guide, outlines, handouts, and talking points.
- Special attention is paid to non-Catholic parents, families with children in more than one age group, and households not regularly active in parish life.
- Delivered as reproducible PDF files.

Growing Up Catholic **Creation Care Curriculum**

- Use this flexible program to teach Pope Francis' encyclical.
- Organized into twelve 15-minute segments, which can be added to your existing program or combined into longer sessions.
- Designed to be used in classrooms with one leader or as a whole family process.
- Rich set of add-on resources, including songs and additional activities.
- Available in eResource and print editions.
- Optional Music Collection is available, with sing-along videos, lyric sheets, and lead sheets.



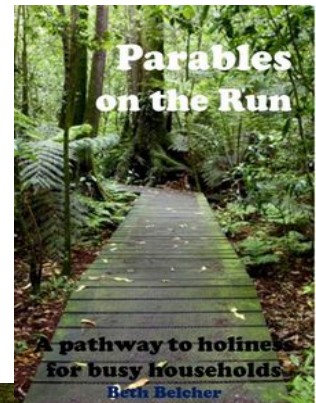
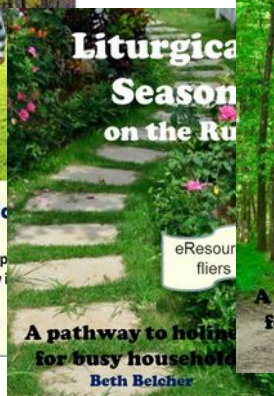


Take-Home Resources

One of our most important goals is to send faith home with our families, and one good way to do that is to send resources home that encourage faith activities and learning. Offer bite-size faith formation that will really be read and used!

Handouts for Busy Parents

- Coach parents on how to talk with their children about various faith topics and bring faith into the home.
- Full of clever and practical hints and suggestions, including suggestions for daily life in busy households.
- Delivered as reproducible PDF files.



Hand-Picked Books for Families

- Find the best age-appropriate Bibles and books on parenting, family life, and making faith at home fun.



Tools for Getting Started

Transitioning into a parent-oriented faith formation process takes some work. You not only have to change the mindsets of your parents, but also those of your catechists. The following resources are designed to help you get a good start on this journey.

Why Coach Parents? Resource Kit **(FREE)**

- Use the resources in this kit with your pastor, catechists, pastoral staff and lay leaders.
- Includes various parent/family handouts so you can start putting this into practice!
- Everything you need to hold your very own Coaching Parents workshop in your parish, deanery, or diocese. It includes a Powerpoint, planning tool document, and handouts.
- All delivered as reproducible electronic files.



Parent Introductory Event Kit

- Facilitate a conversation among leaders and parents in your parish.

Growing Up Catholic Leader Training Workshop

- Invite us to your diocese or deanery to present our workshop for your leaders.

Learn More!



Call us for unlimited free coaching or to get your questions answered. Reach us 8am to 5pm CDT weekdays: 1-844-727-8672 (toll free).



Visit our website to view free resources, product samples, and more at GrowingUpCatholic.com.



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