

Grandparents

Are you wondering how to share your faith with your grandchildren? Here are ideas from trusted Catholic resources.

Share Prayer with them

Let them hear and see you pray.
Encourage them to formulate their own prayers.

- Find prayers for daily life and special situations at the US Conference of Catholic Bishops: www.usccb.org/catholic-prayers
- Share worship experiences when possible.
- Invite them to pray at mealtime and before bed, and read a Bible story before sleep.

General Info

- “Finding God in Grandparents” Podcast
- Catholic Grandparents Handbook by Lorene Hanley Duquin
- Catholic Grandparents Association - www.catholicgrandparentsassociation.org/



Answer All Questions Honestly

Even when you have to say, “I don’t know, but let’s find out together!”

- Search quality resources such as Catholic Answers - catholic.com
- Check The Catechism of the Catholic Church
- For questions about saints, visit My Catholic Life - www.mycatholic.life/saints
- Many children’s books about saints are available at your local library.
- If you can’t research right away, write the question down and share the answer later in a note. Even if the child is too young to read it, they will feel so special.

Fun Activities with Grandchildren

- The Diocese of Rochester publishes a monthly online newsletter with ideas: oec.dor.org/evangelization/the-family-zone-newsletter/
- Download the free Diocese activity book for grandparents: oec.dor.org/wp-content/uploads/sites/9/Grandparents-Day-book.pdf
- Visit TeachingCatholicKids.Com by Our Sunday Visitor for ideas.
- Invite them to join you in a volunteer activity—show faith in action.

Watch Faith-Based Videos

- Catholic Kids Media (YouTube/Patreon) - cartoon versions of Mass readings
- Holy Kids (YouTube) - hosted by two young sisters from the Sacred Heart Convent
- Spirit Juice Kids (YouTube) - videos explaining Mass, Confession, and prayers

Reading Suggestions

- ROC Catholics Northwest website—See “Resources for Sharing Our Faith with Children & Teens.”
- Family Zone newsletter (Diocese of Rochester) and Teaching Catholic Kids (Our Sunday Visitor) share book suggestions.
- Publishers with authentically Catholic material: Ascension Kids, Ignatius Press, Loyola Press
- Remember, good books for children can also teach kindness, values and care for creation.

LOVE LAVISHLY & HAVE FUN

No matter what you do with a grandchild, your time is special.

- Listen well—meet them where they are.
- Connect creatively—don’t be afraid to get dirty and play.
- Learn together—model humility by trying something new.
- Give hugs—even if they say they’re too old.
- Pray passionately for them—God loves them even more than you do!