



Liturgical Engagement for Children

HELPING CHILDREN PARTICIPATE IN THE MASS

The Role of Parents as Primary Faith Teachers

Parents are the first and most influential teachers of faith.

- **The strongest influence:** Research shows that parental faith has greater long-term impact than peers, media, or even formal instruction.
- **A sacred calling:** Parents are entrusted by God to lead their children in faith, the “first heralds of the Gospel.”
- **Faith lived authentically:** Children are moved not by perfection, but by their parents’ sincerity, prayer, and love for God.

“The Christian home is the place where children receive the first proclamation of the faith. For this reason the family home is rightly called “the domestic church,” a community of grace and prayer, a school of human virtues and of Christian charity.” CCC1666

OTHER GREAT READS INSIDE:

Welcoming Children
in the Liturgy

Steps in helping
Children Participate
in the Mass

Children in Liturgical
Ministries

Sample Worship Aids
for Children



Welcoming Children in the Liturgy

When children are truly welcomed at Mass, they learn that they are essential members of the Church.

- **Faith formation in action:** The liturgy itself teaches children how to pray and encounter God.
- **A sense of belonging:** Inclusion affirms that children are valued in the Church community.
- **Active participation:** Songs, gestures, and simple dialogue engage their hearts and minds.
- **A Biblical invitation:** Jesus said, “Let the little children come to me.”
- **Family unity:** Families who worship together grow stronger in faith and love.

Children in Liturgical Ministries

Involving children fosters belonging and growth. Consider inviting them to assist as:

- Greeters or gift bearers
- Choir participants
- Altar Servers
- Helpers for special feast days

“Sunday, the ‘Lord’s Day,’ is the principal day for the celebration of the Eucharist. ... It is the pre-eminent day of the liturgical assembly, the day of the Christian family, and the day of joy and rest from work.” (CCC, 1193)



Helping Children Participate in the Mass

Before Mass

- **Practice “playing Mass”** at home with simple items so the actions feel familiar.
- **Prepare a small Mass bag** with 1–2 quiet, faith-based items (holy card, small rosary, Bible storybook).
- **Set one simple goal** for the day (e.g., “Let’s listen for the word peace”).
- **Say a short prayer together** on the way to church. (“Jesus, help us pay attention and be loving today”)

During Mass

- **Sit where your child can see** what’s happening — the front or an aisle seat works well.
- **Whisper short cues** to guide them: “Stand,” “Listen,” “Hands together,” “We’re thanking God now.”
- **Point out meaningful moments:** the bells, lifting of the host, candles, Alleluia.
- **Give small participation tasks** (holding a missal, placing the envelope, sharing the sign of peace).
- **Redirect restlessness** with something specific: “Count the candles,” “Find Jesus in the window,” “Watch Father’s hands.”
- **Step out briefly if needed**, and return when they’re settled.

After Mass

- **Ask one simple question** about what they noticed or liked.
- **Affirm something they did well** (“You sang so nicely today,” “You were patient during the prayers”).
- **Greet the priest or another family** so they get to know familiar faces.
- **Do a small follow-up activity** at home (colouring page, saint card, Gospel phrase).
- **Keep a family tradition:** donut, breakfast, hot chocolate, or a short walk.



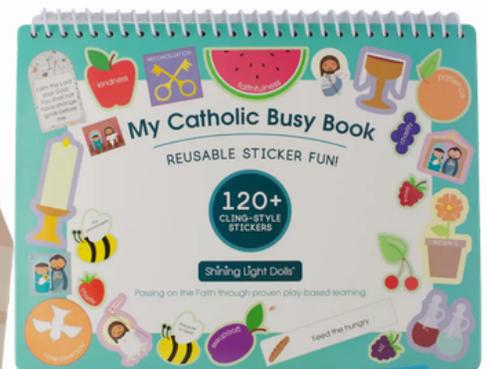
Sample Worship Aids for Children

Encourage learning through creative tools:

- Mass Bingo or “Find This at Mass” sheets
- Saint of the Week cards
- Seasonal colouring pages
- Mass resources to follow along

Free printable resources:

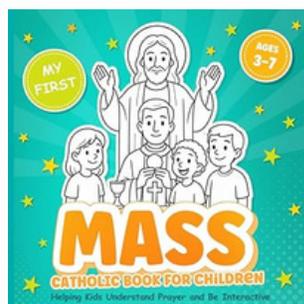
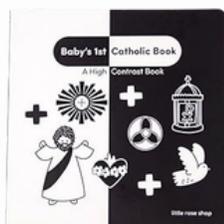
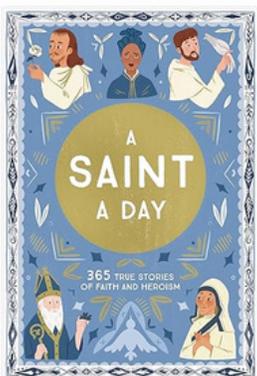
- [Catholic Icing](#)
- [Catholic Printables for Kids](#)
- [Catholic Mom](#)



Kid-Friendly Faith Items to Support Participation

There are many modern tools for children to support their faith development, especially participating in Mass. Many of these goods are from the USA and can be difficult to find or pricey.

- The items pictured on the right can be purchased at: blessedlivingco.ca/collections/baby-kids
- Search “Catholic kids books” on Amazon.ca (check reviews and look for known publishers when possible.)



AVAILABLE ON AMAZON.CA