



Tips for Bringing Children to Adoration

- 1. Explain the Purpose:** Explain what Adoration is, Jesus truly present in the Eucharist. You are spending time with Jesus. This will help the children understand why we're respectful and quiet.
- 2. Have a Plan:** Your plan will depend on the ages of the children. Older children can silently pray the rosary, Divine Mercy Chaplet or bring other religious reading materials. For younger children you can provide them with religious stickers, religious coloring books, soft sided books – activities to keep little hands occupied, but quietly.
- 3. Set Reasonable Expectations:** Children are all energy all the time: they don't sit quietly at home for an hour, so expecting them to sit quietly at Adoration for an hour on their first several visits would be ridiculous. Start out small. Stop in for 5-10 minutes at first. Stretch it to 15 or 20 minutes slowly. Be sure and visit when everyone is well fed and rested. Nap time is not the time to drop in.
- 4. Check out the Scenery:** In advance, tell the children what they might see. While you are there, you can then quietly point these things out to your kids. Show them the monstrance, the altar, the candles, the prayer book, the stained glass windows.
- 5. Congratulate Yourself:** *No matter how brief your visit, rejoice in the fact that you spent time with Our Lord.* Adoration encourages a deeper relationship with Christ and a deeper understanding of our beautiful Faith. There's never a better time to bring our children to Jesus, to know and love him more.

Families are strongly encouraged to work adoration into their schedules. It's an excellent way to evangelize children and establish them in an amazing and powerful Catholic devotion. Is it hard for them to sit still and stay quiet? Like anything with children, it requires perseverance and patience. You have to work them into it. But with time and effort, it will come.

Jesus Said, "Let the Children Come to Me."

Adapted from <http://newevangelizers.com/blog/2012/11/23/a-how-to-guide-for-adoration-with-small-children/>

Other Resources

<http://www.therealpresence.org/eucharst/pea/a2.html> and <http://www.childrenofhope.org/>