First Confession & First Communion

A checklist for parents

A year before

- [ ] Register for your parish sacrament preparation program
- [ ] Find your child's baptismal certificate (the parish may need a copy)
- [ ] Go to Mass together every Sunday
- [ ] Start a short bedtime prayer every night

Six months before First Confession

- [ ] Read the Lost Sheep (Luke 15:4–7) and the Prodigal Son (Luke 15:11–32)
- [ ] Explain sin simply: choosing wrong, not accidents or feelings
- [ ] Learn the Ten Commandments in kid words
- [ ] Talk about God's mercy more than about rules

The month before First Confession

- [ ] Practice the steps of Confession at home (you play the priest)
- [ ] Learn the Act of Contrition
- [ ] Go through the examination of conscience for kids, gently
- [ ] Go to Confession yourself, and tell your child you went
- [ ] Plan a small celebration for afterward

After First Confession

- [ ] Celebrate God's mercy together
- [ ] Put a family Confession on the calendar (monthly, or Advent and Lent)

Free parent guide: MyJesusBook.com/parents/sacrament-preparation

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First Confession & First Communion

A checklist for parents (continued)

The months before First Communion

- [ ] Read John 6 and the Last Supper (Luke 22:14–20) together
- [ ] Watch the consecration together at Mass: "Now it is Jesus"
- [ ] Visit Jesus in the tabernacle for five minutes a week
- [ ] Tell the stories of St. Tarcisius and Blessed Imelda
- [ ] Order clothes early, and keep the focus on Jesus

The week before

- [ ] Practice receiving on the tongue and in the hand with a plain cracker
- [ ] Practice saying "Amen" clearly
- [ ] Learn a thank-you prayer for after Communion
- [ ] Go to Confession again if you can
- [ ] Pray for your child by name every day

The day

- [ ] Arrive early
- [ ] Keep the one-hour fast before Communion
- [ ] Sit where your child can see you
- [ ] Give your child a quiet moment with Jesus before photos

After First Communion

- [ ] Come back every Sunday: it is a first, not a finish line
- [ ] Keep a First Communion photo and certificate where your child sees them
- [ ] Keep praying together every day

"This is my body which is given for you. Do this in remembrance of me." (Luke 22:19)

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