

ARCHDIOCESE OF SEATTLE

At Home with Faith

The Novel Coronavirus (COVID-19) is disrupting our lives in many ways. Even in these challenging times, God provides opportunities to grow in our faith. For parents and families at home, we recommend the following resources to grow closer to God.

“Flourish Always for the Good...”

At the beginning of Mass on Monday, March 16, Pope Francis offered these words:

“I am thinking of the families under lockdown, children who aren’t going to school, parents who cannot leave the house, some who are in quarantine. May the Lord help them discover new ways, new expressions of love, of living together in this new situation.

...It is a wonderful opportunity to creatively rediscover affection in the family. Let us pray for families so that relationships within the family at this moment might flourish always for the good.”

God can use every situation to help us grow closer to Him and to one another. Let’s follow Pope Francis’ advice to use this time as a chance to grow deeper in faith as a family.

Create a Daily Schedule

Use the sample routine on the back of this page to help you draft a routine of your own for your family. While you are doing so, consider these tips:

- Consider the time of day when you and your children will be sharpest mentally. For many that is the morning. Make good use of that time by tackling more challenging subject matter.
- Have a clear start and end time to each day, just like school.
- Include regular breaks in activities, mixing different activities into the routine to keep your children alert.
- Get everyone outside multiple times a day, doing something physical like taking a walk to provide some movement. That being said, remember to maintain social distancing!
- Honor the times to stop work as well as start. Conclude the day with time together.
- Take time to talk with your children about what they are learning at break times. It helps them integrate what they are learning.

While it’s important to stay productive, it’s also vital to take time for stillness, silence or rest whenever necessary. Parents can sometimes feel pressure to fill every waking moment with activity or work, especially during these times of uncertainty. God speaks to us in moments of quiet, so remember to take advantage of your time at home to seek comfort in times of rest.

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Sample Daily Schedule

Before 9:00 AM	Wake up and get ready Eat breakfast, make bed, get dressed, say a prayer to start the day
9:00 - 9:30 AM	Morning walk outside Use a walk to mark the start of the day
9:30 - 10:15 AM	Academic time 1 For many children, this is a great time to do their most challenging work
10:30 - 11:00 AM	Academic time 2 More study
11:00 AM - 12:00 PM	Creative time Offer a time to let them do something creative, building toys, play music, help prepare lunch, etc.
12:00 - 1:00 PM	Lunch Check in to find out how their day is going
1:00 - 2:00 PM	Help around the house Help with something like cleaning up after lunch, sanitizing things around the house, clean the bathroom
2:00 - 2:30 PM	Time outside for play Another break in the day
2:30 - 3:15 PM	Academic time 3 Cover more content, maybe let them watch an online educational video
3:15 - 3:45 PM	Outside time
3:45 - 4:15 PM	Synthesis Take a half hour to review with them what they have learned for the day.
4:15 - 5:00 PM	Help around the house Help with something like cleaning up their work area and/or making dinner
5:00 - 6:00 PM	Dinner Talk as a family about the day (use Great Conversations tool in this handout)
6:00 - 8:00 PM	Free time You might make this a time where they are rewarded for good behavior
8:00 - 8:30 PM	Get ready for bed If they do this quickly, they get more time for reading below
8:30 - 9:00 PM	Bedtime reading and prayer A great time to say thank you to God for the day

Great Conversations, Sunday Edition

Use this coming Sunday's Gospel and the reflection questions below for Great Conversations with your family!

- The man in the story couldn't see. It's a gift to be able to see but sometimes we take it for granted. What are other gifts from God that we take for granted?
- What is a special gift you have from God that lets you do something well: being good at math or reading, being good at a sport, being friendly, playing music, etc?
- What are some things that other family members do well? For example, maybe your mom has a beautiful smile, or your dad is really strong, or your siblings are funny. Take some time to think about their gifts and tell them how you think God has blessed them.
- What are some ways that you can say thank you to God for the gifts He has given you?

Free Prayer Resources

Magnificat

www.magnificat.com/free

Adoremus

<https://adoremus.podbean.com/e/what-should-you-do-if-mass-is-cancelled/>

Word Among Us

<https://wau.org/>

Give Us This Day

<https://giveusthisday.org/>

Online Perpetual Adoration Chapel

<https://virtualadoration.home.blog/>

My Catholic Kids

Mass videos for the Children's Missalette - perfect for kids!
<https://mycatholickids.com/massathome/>

“Live as children of light, for light produces every kind of goodness and righteousness and truth.”

Ephesians 5:8-9 (NABRE)