



How to bring Young Children to Adoration

Start small. 5-10 minutes is a lot of concentrated prayer time for young children. Toddlers might only last 2-3 minutes. Remember, Jesus is smiling at your effort. Jesus said, “Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.” Simply being in the presence of the Eucharist is a gift!

Guide your child in what to do while in Adoration. Practice prayer movements like bowing and making the Sign of the Cross and suggest / lead your child in a prayer practice.

Ideas include:

- On the way in and out, kneel with both knees, bow, and make the sign of the Cross.
- Go to first pew to see the monstrance to say hello to Jesus.
- Start small: 5 minutes (maybe 10)
- Offer guidance in prayer...Start with: Thank you for being here with me, Jesus. I love you with all my heart.
- Sing a hymn (if everyone in the chapel agrees or in a whisper)
- Spend a few moments smiling at Jesus because he's your best friend

Debrief after Adoration.

- Talk about what happened: how the child / you felt, what you saw and did, etc.
- Praise your child for coming to the Lord.
- Do something fun.

