



WORD of LIFE™

Individual Parent Formation Guide

Overview

The Individual Parent Tracks are designed to support parents' faith formation by integrating content relevant to their child's grade level with the flexibility of at-home formation. These tracks provide a clear, structured, and thematic approach for parents to grow in faith while better understanding how to support their children's spiritual journey.

If you are looking for community-based Parent Formation, go to our Word of Life: Community Parent Formation Guide.

Key Features

- **Grade-Specific Structure:** From kindergarten through 8th grade, there are nine unique tracks, one for each grade. Each track contains seven sessions.
- **Thematic Focus:** Each grade centers around a key theme:
 - Kindergarten: *Faith & Family*
 - First Grade: *Saints*
 - Second Grade: *Reconciliation & Communion*
 - Third Grade: *Confirmation & the Holy Spirit*
 - Fourth Grade: *Faith at Home*
 - Fifth Grade: *Truth & Virtues*
 - Sixth Grade: *Common Questions*
 - Seventh Grade: *Mission & Following Christ*
 - Eighth Grade: *Vocation*
- **Progressive Content:** Sessions build on one another and can be used as a complete year-long formation tool.
- **Easy Access:** All content is available via Formed, which makes it easy for parents to find and watch.

Considerations

It is important to consider what's best for your parents. Here are some recommendations for the Individual Track for your reference:

- At the beginning of the school year, hold an onboarding session for all parents, covering program expectations and how to access their formation content. Share handouts (see appendix) to parents for each grade level.
- For parents with more than one child, we recommend encouraging the family to watch the sessions for all of their children. If this is not possible, parents should work on the track associated with their youngest child, or precedence is given for sacramental prep years.

Community Track Pairing: Adjustment Recommendations

For parishes combining our Parent Formation Community Track with the Individual Track, please note there are some crossovers. We recommend that parents skip content in the individual track when it comes up for Community Formation, so they can still watch and participate in small group discussions.

All Crossovers:

- **Community Track: Our Story, Session 6** and **Individual Track: Grade 8, Session 2** - Beloved | Episode 2
- **Community Track: Our Story, Session 7** and **Individual Track: Grade 1, Session 7** - The Violinist: Stories of Solanus Casey
- **Community Track: Virtue & Character, Session 6** and **Individual Track: Grade 5, Session 7** - Symbolon: The Catholic Faith Explained | Episode 6
- **Community Track: Life with Christ, Session 3** and **Individual Track: Grade 4, Session 3** - Be Not Afraid Family Hour | Episode 5
- **Community Track: Life with Christ, Session 4** and **Individual Track: Kindergarten, Sessions 4 and 6** - The Catholic Parent | Episode 4 AND The Catholic Parent | Episode 6