

# WORD *of* LIFE™

## Parent Formation: Kindergarten

Dear Parents,

We're excited to offer you a unique opportunity to grow in your own faith while walking alongside your child during their Religious Education journey.

The Individual Parent Track is a special video-based series with content that matches relevant topics to your family life and your child's age. Whether your child is learning about the saints in first grade, preparing for First Communion in second grade, or exploring topics like mission and vocation in middle school, there's a track to support and equip you as the primary educator of their faith.

### What Is the Individual Track?

- **Grade-specific content:** Each track includes 7 sessions focused on the relevant theme for your child's age and family life.
- **Short, meaningful videos:** Easy to watch at home and at your own pace.

### Why It Matters

Your child looks to you for guidance in faith, and this track is designed to support you in that sacred responsibility. These sessions are encouraging, practical, and inspiring—helping you build a stronger family rooted in Christ.

### Overview

This year's parent formation focus is Faith and Family. As you walk alongside your Kindergarten student, we hope these resources will strengthen you and support your family's spiritual growth.

Scan the QR code or click on the links below for easy access to each session:

- **Session 1: Our Sunday Obligation**  
[The Catholic Parent | Episode 1](#)
- **Session 2: Confession**  
[The Catholic Parent | Episode 2](#)
- **Session 3: Family Prayer**  
[The Catholic Parent | Episode 3](#)
- **Session 4: Sacrifice**  
[The Catholic Parent | Episode 4](#)
- **Session 5: Generosity**  
[The Catholic Parent | Episode 5](#)
- **Session 6: Handing on the Faith**  
[The Catholic Parent | Episode 6](#)
- **Session 7: The Parent's Mission: Passing on the Faith**  
[Be Not Afraid Family Hour | Episode 1](#)



*If you're having trouble finding your session video, follow the steps under "How to Get Started."*

## Get Started Today

- 1 **Visit the Word of Life Help Center:** Go to [support.wordoflifeseries.org/for-parents](https://support.wordoflifeseries.org/for-parents), or select "Word of Life Family Resources" from the navigation page and click the "For Parents" option.
- 2 **Find Your Grade Level:** Find your child's grade level and select the appropriate session.
- 3 **Watch & Reflect:** Watch the videos on your own time with your spouse.
- 4 **Live the Faith at Home:** Each session gives you simple takeaways for prayer, conversation, or family life!