

Preparing for First Communion

Follow your parish's formation process and readiness guidance. In the Latin Church, children receive First Reconciliation before First Communion. Eastern Catholic practice differs. Ask the parish how to support your child's learning, communication and sensory needs.

Arrange preparation

☐ **Contact the formation team**

Ask about readiness, registration, prior sacramental records and the schedule.

☐ **Discuss learning needs**

Explain helpful adaptations, communication preferences or sensory needs. Ask for materials you can use at home.

☐ **Plan First Reconciliation**

Confirm the preparation and date where this applies. Help your child understand mercy without asking them to disclose a confession.

Prepare at home

☐ **Make room for Sunday Mass**

Work out transport, seating and a realistic routine with your parish's support.

☐ **Talk about the Eucharist**

Use the parish's materials to explain Catholic belief in Christ's real presence. Welcome questions you cannot yet answer.

☐ **Practice calmly**

Follow the parish's instructions for approaching and receiving Communion. Keep rehearsal separate from pretend consecrations or sacramental role-play.

Our parish conversation

Parish / contact: _____ Meeting date: _____

Look beyond the day

☐ Confirm practical details

Check the time, clothing guidance, photography policy and any assistance with costs.

☐ Continue formation

Choose a small way to keep learning and participating in parish life after the celebration.

Questions to bring

How will readiness be discerned for our child?

Which adaptations and family resources can the parish offer?

How are First Reconciliation and continuing formation arranged?

What our parish asks us to do

Dates and next steps

Teaching reference: Catechism 1457: Confession before First Communion. Read the source and companion guide at lifeofacatholic.com/sacraments/first-communion/.