



**PREPARATION AND CELEBRATION OF FIRST RECONCILIATION
AND FIRST HOLY COMMUNION FAQ**

Q. What are the requirements for a child to receive first Holy Communion in Salford Diocese?

A. The child must be a baptised Catholic and in Year 3 of Primary School or older. Parents and children will need to take part in a programme of preparation. This is usually run through the local parish; sometimes it is run through the local Catholic Primary School. There is an expectation that you and your child will be attending Sunday Mass as frequently as possible.

Q. At what age do children start preparing for first Holy Communion?

A. Children should normally be in Year 3 of Primary school or older. There is no upper age limit.

Q. When does preparation start?

A. Exact dates vary from parish to parish. Most parishes begin their preparation in September or October.

Q. If my child is not in a Catholic school, how do we enrol for first Holy Communion?

A. The best approach is to speak to your Parish Priest after Sunday Mass or some other time. You can also contact the parish by phone or email. You should be able to find your local parish in the 'Directory' page of this website. Parish preparation teams are usually delighted to welcome children who are not in Catholic schools onto the programme and to provide them with any extra help they might need.

Q. What can I do to help my child in preparing for the sacraments?

A. Take your child to Mass regularly; pray with them at home; take an active part yourself in the preparation programme; show your interest in what they are doing. Many parish programmes encourage parents and children to work together. This is not only a good way of doing things; it can also be very enjoyable! On this website you will find a series of short videos to help and encourage parents as their children prepare for the sacraments. (Link)

Q. When do children celebrate the Sacrament of Reconciliation? (First Confession)

A. This varies from parish to parish. Usually, it takes place in the season of Advent (before Christmas) or in Lent (before Easter). All children need to celebrate Reconciliation before their first Holy Communion.

Q. I am a catechist. What resources are available to help me to prepare children and parents for Reconciliation and first Holy Communion?

A. The Department for Formation strongly recommends resources where parents and children work together (Family Catechesis). You can find a review and summary of some of the materials available for First Communion preparation [here \(link\)](#). There is also a series of short videos to advise and support catechists [here \(link\)](#).