

Catholic Resources in the Most Holy Redeemer Parish Library

The MHR Library is open before and after all weekend masses, and is a great place to pick up a book for the little ones to flip through during Mass or for your own spiritual enlightenment. Also available are resources on VHS, DVD and audio tape.

Examples of Resources for Adult Catechism & Catholic Parenting

- 175 Gould *The Catholic Home* by Meredith Gould
- 175 KES *Ten Mistakes Parents Make with Teenagers (and How to Avoid Them)* by Jay Kesler
- 175 MIL *Helping Your Children Love Each Other* by Joyce Milburn
- 176 LEA *I Like Being Catholic: Treasured Traditions, Rituals and Stories*, Edited by Michael Leach and Therese J. Borchard
- 200 GHE *Keeping Your Kids Catholic- It May Seem Impossible But It Can Be Done*, Edited by Bert Ghezzi
- 232 KEA *What Catholics Really Believe* by Karl Keating
- 239 Lewis *Mere Christianity* by CS Lewis
- What You Should Know About the Catechism of the Catholic Church* by Charlene Altemose, MSC

Examples of Resources for Young Children

- 115 Sainly Fun Facts* by Bernadette McGarver Snyder
- In His Hands – the Continuing Adventures of WWJD?* by Mack Thomas
- Read Aloud Bible Stories*, Volumes 1-3 by Ella Klindvall
- Various books on Saints by various authors

Children learn what they live...

*If a child lives with criticism,
He learns to condemn.
If a child lives with hostility,
He learns to fight.
If a child lives with ridicule,
He learns to be shy.
If a child lives with shame,
He learns to feel guilty.
If a child lives with tolerance,
He learns to be patient.
If a child lives with encouragement,
He learns confidence.
If a child lives with praise,
He learns to appreciate.
If a child lives with fairness,
He learns justice.
If a child lives with security,
He learns to have faith.
If a child lives with approval,
He learns to like himself.
If a child lives with acceptance and friendship,
He learns to find life in the world.*

Author unknown

“God sends you many young souls, both through your children and your grandchildren. You must understand how precious each of these lives is to Him. He puts them in your care that you all must work to pass the faith down to each of them. You all have a heavy responsibility for their souls. You need to direct them and teach them how to lead good Christian lives. Each soul must choose God individually, but it is their upbringing in following the commandments, which will have the biggest influence on their spiritual lives. They look to you for guidance and example. My children, if some of your family should be led astray, pray for them, that they may be inspired to return to the faith. Be a continual beacon of faith and hope for all your relatives, since you do not realize how much they get their faith strength from you.”

Parenting Resources

Catholic Parenting Resources Websites:

www.catholicmom.com/
www.catholicmom.com/catholic_kids.htm
www.catholicmom.com/catholic_kids.htm
www.catholic-pages.com/dir/family.asp
www.catholicparenting.com/cgi-bin/hotlinks/morelinks.cgi?category=92
www.osv.com/teachingcatholicyouth/teacherslinks.asp
www.catholicparents.org/links.html
www.christophers.org/homepage.html

Catholic Children Prayer Resources:

www.cptryon.org/prayer/child/
www.bedtime.com/html/prayers.html
www.stjchurch.org/re/prayers.htm

Health / Safety:

Illinois Poison Control:	800-222-1222
Breastfeeding:	www.Breastfeeding.com
La Leche League	800-La-Leche,
www.lalecheleague.org	
Nutrition Q & A	www.5aday.com
Nutrition News	www.bcm.tmc.edu/cnrc
Product recalls:	www.childrecall.com
	www.Jpma.org/public.cpsc.html
Vaccines:	www.vaccine.chop.edu , aap.org
	www.immunizationinfo.org/database
Immunizations: Worth Township	708-371-2900

National Maternal and Child Health Clearinghouse 703-821-8955, ext. 254

Illinois Department of Transportation, Division of Traffic Safety
217-782-5865

National Safe Kids Campaign 800-441-1888, www.safekids.org
Boost America 866-Boost-kid,
www.boostamerica.org

Child Safety Seats of America 512-288-2882
To Request A *Child Health Record* *American Academy of Pediatrics,*

37925 Eagle Way, Chicago, IL 60678-1379

Parenting:

www.Parenting.com
www.Parentsoup.com
www.Parenthoodweb.com
www.Babycenter.com
www.Babyzone.com

Specifically Moms:

www.ClubMom.com
Mothers At Home: 800-783-4MOM, www.MAH.com
National Association of At-Home Mothers: www.athomemothers.com

Specifically Dads:

www.Newdads.com
www.Fathersforum.com
www.Fathersworld.com
www.Fathersonline.com

Child Care Options:

EP Youth Services 708-229-3377
List of teen sitters certified in CPR
Cook County Child Care 773-687-4000
Based on zip code, provides list of licensed home day care providers

Special Needs:

Preemies: www.earlyarrivals.com
NICHCY, National Info Ctr for Children and Youth with Disabilities www.nichcy.org
National Parent Network on Disabilities www.npnd.org

Special Offers for coupons, free offers, samples, magazines, etc:

Beechnut: 800-523-6633
Carnation: 800-782-7766, www.Verybestbaby.com
Enfamil and Lactofree Formula 800-422-2902
Gerber 800-443-7237
Heinz 800-872-2229
Pregestimil 800-222-9123
Similac, Isomil, and Alimentum 800-222-9546
Mom's Freebies www.momsfreebies.com

Free Circus Ticket! Send Baby's name, birth date, plus your name and address to
Ringling Brothers Barnum and Bailey Circus, P.O. Box 5265, Clifton, NJ 07015

Your children are watching! A message every parent should read, because your children are watching you and doing as you do, not as you say...

"When you thought I wasn't looking, I saw you hang my first painting on the refrigerator, and I immediately wanted to paint another one.

When you thought I wasn't looking I saw you feed a stray cat, and I learned that it was good to be kind to animals.

When you thought I wasn't looking, I saw you make my favorite cake for me and I learned that little things can be the special things in life.

When you thought I wasn't looking I heard you say a prayer, and I knew there is a God I could always talk to and I learned to trust in God.

When you thought I wasn't looking, I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.

When you thought I wasn't looking, I saw you give of your time and money to help people who had nothing and I learned that those who have something should give to those who don't.

When you thought I wasn't looking, I felt you kiss me good night and I felt loved and safe.

When you thought I wasn't looking, I saw you take care of our house and everyone in it and I learned we have to take care of what we are given.

When you thought I wasn't looking, I saw how you handled your responsibilities, even when you didn't feel good and I learned that I would have to be responsible when I grow up.

When you thought I wasn't looking, I saw tears come from your eyes and I learned that some times things hurt, but it's all right to cry.

When you thought I wasn't looking, I saw that you cared and I wanted to be everything that I could be.

When you thought I wasn't looking, I learned most of life's lessons that I need to know to be a good and productive person when I grow up.

When you thought I wasn't looking, I looked at you and wanted to say, Thanks for all the things I saw when you thought I wasn't looking."

Each of us, parent or friend, influence the life of a child.