Blessing Your Children

Option 1:

Make the Sign of the Cross on your child's forehead while saying:

"May God bless you and keep you, in the name of the Father, and of the Son, and of the Holy Spirit. Amen."

Seal the blessing with a kiss on the forehead. Use holy water if you have it available.

Option 2:

The parent places their hand on the child's head or heart and says:

"The LORD bless you and keep you! The LORD let his face shine upon you, and be gracious to you! The LORD look upon you kindly and give you peace!" (Numbers 6:24-26). And may Jesus, Mary, and Joseph be with you, today, tomorrow and always. Amen.

Now make the sign of the cross over the child.