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Heike Helmchen-Menke
Accompaniment Into Life
Religious Sensitivity Through Everyday Family Life

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- Basics, experiences and tips
- Age-appropriate and descriptive
- From the practice and for the practice

More attention is being paid once again to the idea that children's personality development should also include contact with religion. Children already bring a religious openness with them: Even the little ones ask the big questions about where they came from, where they are going and why.

This guide supports mothers and fathers, grandparents and educators in being age-appropriate and religion-sensitive companions for children. The author imparts basic and experiential knowledge on religious development. She encourages the mutual discussion of questions that will arise sooner or later. And she provides practical suggestions for shaping everyday life, as well as the highlights of family life and over the course of the year.

About the author

Heike Helmchen-Menke, graduate theologian and pastoral advisor, is head of the Elementary Pedagogy Department at the Archdiocese of Freiburg's Institute for Religious Education. She is a sought-after speaker and author of many publications on religious education. The mother of two adult daughters lives with her husband in Freiburg i.Br., Germany.



Contact:
Verlagsgruppe Patmos der Schwabenverlag AG
Luisa Lehnerer, Foreign Rights Departement
t: +49 711 4406 148
f: +49 711 4406 177
lizenzen@verlagsgruppe-patmos.de
www.verlagsgruppe-patmos.de