

**Question: *Is there an instruction within the Catholic Church regarding how to receive the Holy Eucharist while holding a child?***

**Answer: *Yes, actually there is ...***  
*(in the GIRM and it is discussed in the Vatican's 2004 document "Redemptionis Sacramentus" [abuses of Holy Communion]).*

“[S]pecial care should be taken to ensure that the host is consumed by the communicant in the presence of the [Communion] minister, so that no one goes away carrying the Eucharistic species in [their] hand. ***If there is a risk of profanation, then Holy Communion should not be given in the hand to the faithful.***”  
(Paragraph 92)

We've all seen occasions over the years, when parents carrying infants and small children experience difficulties, trying to receiving Holy Communion (i.e., how to effectively multi-task: use their hand(s) to reverently receive and consume the Body and Blood of Christ, while also trying to not drop the consecrated Host, chalice of Precious Blood, and/or child in the process).

In such instances, our utmost use of reverence, prudence and caution are our guides.

When receiving the **Body of Christ**, please consider using

The most practical and appropriate practice: Receiving on the Tongue.



When receiving the **Blood of Christ** from the Communion Chalice, again reverence and caution are our guides.

Please consider beforehand, if you can properly receive from and hold the chalice. If you do not believe that you cannot do so safely – without causing spillage of Christ's Precious Blood onto the floor, clothes, etc., then please only receive of the Body of Christ and reverence Christ in the chalice by a simple head bow before you pass-by Him, while returning to your seat.

After all, the teachings of the Church remind us: The full efficacious graces available to us in the Sacrament of the Eucharist are present and given to all (who are properly disposed to receive Holy Communion), even if they receive solely the Body of Christ, but not the Blood of Christ.