

Our Book of Family Blessings

A celebration of the blessings of a young child



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Dear Parents:

Each day of your child's life is full of discovery and excitement!

From a bird in the sky to a new food and everything in between, our children have endless "firsts" to explore and begin to understand. As parents we cherish these moments of discovery in our children's lives.

This book, through the backdrop of our tradition's blessings, is designed for us to talk about and explore with our children the magical moments that happen to them every day.

Hold dear the time that you have with your child, and take time to discuss how every moment is a blessing waiting to be discovered.

I hope you will include this as a part of your family's bedtime ritual.

Enjoy!

-AW

**For
Parents:**

A Picture of Me:

As we begin
our day
we thank
God for the
opportunity to
improve the
world around
us.

Each day is
a chance to
appreciate
what we have
and who we
hold close.

Ask your
child who the
people are in
his or her life
that he or she
loves.

What did
they do today
that was
special?

As you sit
with your
child tell them
one
thing you are
thankful for
today and
seal the idea
with a kiss!



Parents read to your child:

WOW!



It's a new day!

What kind of adventure is
coming my way?

What is something new that I
can discover today?

When I wake up in the morning, I get up and say:

מִוֹדָה לְפָנֶיךָ אֲנִי לְפָנֶיךָ for a girl מִוֹדָה \ for a boy מִוֹדָה

(boy) (girl)
Modeh/modah ani le-fanekha

Thank you God for a new day!

Parents: help your child act out:

Get a stuffed animal pal to help you:

How does your buddy wake up?

Stretch her up high to the *shamayim*--the sky!

Reach his arms down to the *aretz*--the ground!

Curl her up like a *tzav*--a turtle!

Stand him up tall like an *etz*--a tree!

Open her arms up real wide
like a *keshet*--a rainbow and give your mommy or daddy a HUG!

For Parents:

Who is a part of your child's "tent;" their world?

Mah Tovv is a quote from the *Torah-Balam*, a biblical "prophet," was sent by Bilak to go curse the Israelites. However, as Balam looked over the Israelite camp and saw how the tents of the community were set up to honor and respect the privacy of every member, Balak blessed Israel instead.

Being a part of a Jewish community is one of the most powerful ways we develop our Jewish identity.

As your child enters our community, what values do you hope he or she will discover?

A Picture of My Family:

Parents: make a tent out of a blanket or even your hands
and then read to your child:

Here we are together
We sit with one another
Our sisters and our brothers!
Singing all as one:

מַה טוֹבוֹ אֶהְיֶיךָ יַעֲקֹב

Mah tovu oh-ha-lekha ya-a-kov

מִשְׁכַּנְתֶּיךָ יִשְׂרָאֵל.

mish-ke-noe-tekha Yisrael

How great it is that we are all
together, children of Israel.

Mah Tovv is a compliment--
something nice that was said to the
Israelite people a long time ago.

Say something nice to
someone you love!

Make sure they say something nice
back to you!



For Parents:

Throughout the many challenges of raising a child, there are also many moments of joy. We cherish these moments of happiness that our children experience every day and search out new moments that make our children smile and laugh.

Ask your child what made him or her smile today.

What was your moment of joy with your child today?

Things That Make Me Smile:





Parents read to your child:

Say Hurray! When did you cheer today?

A hug, a kiss even a bump with our fist!

What was FUN? What was DONE?

What made you cheer
with those you hold dear?

Parents: help your child act out:

Get out another stuffed animal pal
and have him or her
crouch down like an *even--*
a rock and say:

הַלְלוּ יְהוָה!

Hale-lu-yah

Toss your pal in the air like a
tzefardeah-- a frog and say:

הוֹדוּ לַיהוָה

Ho-du La-Ado-nai



Hurray God!
Thank you God!