



*seven Jewish practices  
to do with your children*

- 1.** Sing “Modeh Ani / Modah Ani” together, on waking up in the morning
  
- 2.** Sing the “Shema” together, during your bedtime ritual
  
- 3.** Say a blessing before and after eating
  
- 4.** Take your child with you to bring a meal to a family with a new baby
  
- 5.** On Friday evening, give your child spare change to put into a tzedakah box
  
- 6.** On Friday evening, bless your child with a parents’ blessing
  
- 7.** On Saturday at dark, do Havdalah with grape juice, spices, and braided candle