



Birkat Banim -

Hebrew Blessings for your Children



הַנִּיחוּ לְיַלְדֵיכֶם וְאַל־תִּכְלְאוּ אֹתָם נִבְאָ אֵלַי כִּי נֹאמְרָה נְזַלְכוֹת הַשָּׁמַיִם:

Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven. - Jesus

It is customary for the father of the household to bless children of all ages, either in the synagogue during *Erev Shabbat* (Friday evening) services or upon returning home for the Kiddush. Both hands are laid on the head of the child to symbolize a blessing imparted with complete generosity of spirit.

The blessing prescribed by tradition invokes the names of Joseph's sons (according to Genesis 48:20) and the names of the matriarchs, and includes the priestly blessing. Parents may use this intimate moment as a chance to add their own words of blessing and offer expressions of love and appreciation to their children. You may wish to bless all your children together or bless each child individually or privately.



The Hebrew Blessing for Boys:



יְשִׁמְךָ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה.

v'khi-me na-sheh ke'e'f rayim e-lo-him ye-sim kha
and like Manasseh like Ephraim May God make you

yesimkha Elohim ke'efrayim ve'khimnasheh.

The Hebrew Blessing for Girls:



יְשִׁמְךָ אֱלֹהִים כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה.

ve-le-ah ra-chel riv-qah ke-sarah e-lo-him ye-si-mekh
and Leah Rachel Rebecca like Sarah May God make you

yesimeikh Elohim ke'Sarah, Rivka, Rachel, ve'leah.



The Hebrew Blessing for the whole Family:



יְבָרֶכֶךָ יְהוָה וַיִּשְׁמְרֶכָּ.

ve-yish-me-re-kha Adonai ye-va-re-khe-kha
and protect you May the Lord bless you

וַיֵּאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶנְךָ.

vi-chun-ne-ka e-ley-kha pa-nav Adonai ya'er
and be gracious to you to you his face May the Lord shine

וַיִּשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.

sha-lom le-kha ve-ya-sem e-ley-kha pa-nav Adonai yi-sa
peace to you and give to you May the Lord turn his face

yevarekhekha Adonai veyishmerekha,
ya'eir Adonai panav eleykha vichuneka,
yissa Adonai panav eleykha, v'yeseim lekha shalom.