

# PARENTS' BLESSING OF CHILDREN

It is a custom for parents to place their hands on their children's heads and recite the following:

*For sons:*

Y'simcha Elohim k'Efrayim  
v'chi-M'nashe.

יְשַׁמַּח אֱלֹהִים כְּאַפְרַיִם  
וּכְמְנַשֶּׁה.

May God bless you as He blessed Ephraim and Manasseh.

*For daughters:*

Y'simeich Elohim k' Sarah  
Rivka Rachel v'Leah.

יְשַׁמַּח אֱלֹהִים כְּסָרָה, רִבְקָה,  
רָחֵל וְלֵאָה.

May God bless you as He blessed Sarah, Rebecca, Rachel and Leah.

*For all children*

*conclude with the threefold blessing:*

Y'varech'cha Adonai  
v'yish-m'recha.  
Ya-eir Adonai panav eilecha  
vichuneka.  
Yisa Adonai panav eilecha  
v'yaseim l'cha shalom.

יְבָרֵךְ יי וְיִשְׁמְרֵךְ.  
יַאֲרֵ יי פָּנָיו אֵלֶיךָ וְיַחַנֵּךְ.  
יִשָּׂא יי פָּנָיו אֵלֶיךָ  
וְיַשֵּׁם לְךָ שְׁלוֹם.

May the Lord bless you and keep you.  
May the Lord cause His spirit to shine upon you  
and be gracious unto you.  
May the Lord turn His spirit unto you and grant you  
peace.

From: *Likrat Shabbat: Worship, Study, and Song for Sabbath and Festival Services and for the Home*, by Rabbls Sidney Greenberg and Jonathan D. Levine.  
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