

## **7 Tips for Praying with your Kids from the Rabbis**

(Or: How to get the most out of being at services with your children)

- 1) Sit **with** your kids. Be a role model by singing and following along in the *siddur* (prayer book). Help them follow along in the *siddur*. Practice Hebrew together.
- 2) Be mindful of your fellow pray-ers. If your child is having a hard time sitting still or is being noisy, please take a short break outside the sanctuary with your child. The Youth Lounge is available. You can continue to see the service on the TV screen.
- 3) For younger children, bring a small book or other quiet non-electronic activity to help them focus during the service. See sensory box for options.
- 4) Help children understand that Shabbat is a special time with nice clothes (dress for Shabbat), special food and blessings, and family time together. Give your kids Shabbat hugs and kisses during the service.
- 5) Teach children to show respect for our sanctuary. Children should not stand on chairs or pews and should handle the prayer book with care.
- 6) Engage your child quietly with questions about the service (i.e. how many times do we say Shabbat, what does the word *Shema* mean, how many letter “*alefs*” can they find in the prayers, how many times does the rabbi say Jewish, how many Torah scrolls do we have, etc.)
- 7) Oneg Shabbat! “The *oneg*” is a reward. Remind your kids that after the service they can have a small Shabbat treat to help celebrate the joy of Shabbat with our temple community.

*Practice makes perfect;  
The more you come, the more kids know what to expect and the easier it gets.*

***Shabbat Shalom – We wish you a peaceful and joyful Shabbat!***



## PTBE STATEMENT OF INCLUSION

**So God created human beings in the Divine Image, creating them in the image of God (*B'zteleh Elohim*)."** (Genesis 1:27)

Welcome to Peninsula Temple Beth El. We welcome all who come to find peace, comfort, community, and Jewish tradition. We embrace, respect, and celebrate the differences and similarities which bring us together. Understanding that our diversity is our strength, we want to make sure everyone's needs are accommodated to the best of our ability.

Below are some ways we can help your experience with us be meaningful:

- A Hearing Loop during services
- Large font prayer books
- Space for a wheelchair
- Sensory Materials to hold during services (Parents, please supervise and help ensure all items are returned to bin)
- A quiet space if one feels the need to leave the Sanctuary (Our Youth Lounge is open. Children **MUST BE ACCOMPAINED BY AN ADULT**)
- Gluten Free options during Oneg
- Clergy, Staff, and Board Members to welcome you and answer any questions you may have.

If you have other needs, questions, or concerns please contact us at 650-341-7701 during office hours.