



Birkat Yeladim -

Hebrew Blessings for your Children

הַנִּיחוּ לְיַלְדֵימִי וְאַל-תְּכַלְאוּ אֹתָם נּוֹבָא אֱלֹהֵי כִי נִיאַלָּה נְזֻלְכוֹת 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 to bless your children at the Shabbat table. The blessing prescribed by tradition invokes the names of Joseph's sons (according to Gen 48:20) and the names of the patriarchs, 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.



The Hebrew Blessing for Boys:

יְשִׁמְךָ אֱלֹהִים כְּעַפְרַיִם וְכַמְנַשֶּׁה.

ve-khi-me-na-sheh ke-ef-rayim e-lo-him ye-sim-kha

“May God make you like Ephraim and Manasseh.”

yesimkha Elohim ke'efrayim ve'khimnasheh.

The Hebrew Blessing for Girls:

יְשִׁמְךָ אֱלֹהִים כְּסָרָה רִבְקָה רָחֵל וְלֵאָה.

ve-le-ah rachel riv-qah ke-sarah e-lo-him ye-si-mekh

“May God make you like Sarah, Rebecca, Rachel, and Leah.”

yesimekh Elohim k'Sarah, Rivka, Rachel, v'leah.



The Hebrew Blessing for Both:



יְבָרֶכֶךָ יְהוָה וַיִּשְׁמְרֶכָּ:

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

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיְחַנֶּנְךָ:

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

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיְשִׂים לְךָ שְׁלוֹם:

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

*The LORD bless you and keep you;
the LORD make his face to shine upon you and be gracious to you;
the LORD lift up his countenance upon you and give you peace.*

*yevarekhekha Adonai veyishmerekha,
ya'eir Adonai panav eleykha vichunekha,
yissa Adonai panav elykha, v'yeseim lekha shalom.*