

TEN WAYS TO HELP YOUR CHILDREN HAVE A MORE MEANINGFUL YOMIM NORAIM

Use these suggestions to help your children (and yourself) experience Rosh Hashana and Yom Kippur with a sense of purpose, an awareness of Hashem's love and the belief that we all possess the ability to form a meaningful relationship with Hashem.

1 Explain to your children how Hashem actively seeks ways to forgive, and will forgive them – even if the best they can do is want to do Teshuva.

2 Remind them that Yiddishkeit is not all-or-nothing – that their Aveiros do not invalidate their Mitzvos or diminish Hashem's love.

3 Model the virtue of personal growth by sharing your own goals to improve a particular Mitzvah or Middah, or by working to improve something together with your children.

4 Urge them to privately recall something they wish they could undo, and reassure them that now is their opportunity to erase whatever they

5 Share your personal stories of Hashgacha Pratis with your children to demonstrate Hashem's direct involvement in your family's day-to-day lives.

6 Encourage your children to focus on two or three things they truly appreciate as constant reminders of Hashem's benevolence in their own lives.

7 Sincerely ask your children for Mechilah during the Yomim Noraim to teach that everyone can make mistakes, and is equally worthy of being forgiven.

8 Suggest they undertake a small goal to improve their Yiddishkeit with reassurance that the most proper and effective way to grow is through small, obtainable steps of self-improvement.

9 Make a special effort during the Yomim Noraim to model Hashem's Middah of patience, compassion and forgiveness in your interactions with your spouse and children.

10 Show your children that they are the center of your world. Postpone a meeting or ignore a phone call to make time for them so they'll feel cherished and can comprehend that Hashem, too, considers them the center of His world.