

Seven Kavanot to Read With Your Child

(please feel free to adapt for your own needs)

1. **הִינְנִי** *Hineini*. Here I am.

Hold your child in front of the mirror. Take a deep breath and say, "Here you are," or "Here we are."

2. **בְּצֶלֶם אֱלֹהִים** *B'Tzelem Elohim*. I am made in the image of God.

God made your body just right for you. Just as you came into the world naked, you will enter the mikveh naked.

Prepare your child for a bath. Remove any jewelry, eyeglasses, band-aids, retainers and anything else so the water can reach to every part of his or her body.

3. **נְקֻבִים נְקֻבִים** *Nekavim nekavim*. You made human beings with a special design.

God made sure that all the parts of your body would work as they are supposed to.

Please make sure your child goes to the bathroom before she or he enters the mikveh pool.

4. **אֱלֹהֵי נִשְׁמָה שְׁנֵתָה בִּי טְהוֹרָה הִיא** *Elohai Neshama shenatata bi tehorah hi*. The soul in me is pure.

Each person is born with a pure and shining soul. Now you will take a bath (or shower) so that your body will be as pure as your soul.

Wash your child thoroughly including hair, fingernails, and genitals.

5. **כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה** *Kol HaNeshama t'halet yah*. The breath of every living being praises God.

Every time we breathe, we are reminded of God's wonderful creation.

Comb your child's wet hair so there are no tangles. Clean your child's ears, nose, teeth, and mouth.

6. **תִּקְוֵן עוֹלָם** *Tikkun Olam*. We can build a world of peace and fairness.

We can help make the world a better, more peaceful place.

Let's think about all the different ways you can help other people.

Wash between your child's toes and fingers.

7. **מְקֹדֵשׁ יִשְׂרָאֵל וְהַזְּמַנִּים** *M'kadesh Yisrael V'Hazmanim*. God makes us holy and makes special moments holy.

Wrap your child in the sheet or towel provided and hold your child in front of the mirror again. Smile.

Now that your child is prepared in body, mind, and spirit, dial 200 to let the mikveh guide know you are ready.