



## LAILA TOV: A BEDTIME POEM FOR BABIES

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*This family expresses gratitude for all they encounter in nature by planting trees around the countryside. After a full day, they are very ready to say “laila tov” – good night.*

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### JEWISH CONCEPTS

A story, a snuggle, and a lullaby – these components of a nighttime routine are nearly universal, across cultures and around the world. Settling baby down for a *laila tov* (Hebrew for “good night”) provides an opportunity for extra closeness between parent and child. It’s no coincidence that so many of us refer to this precious time as a ritual; whether a ritual is religious or secular, it provides a sense of comfort and continuity for participants of all ages. Babies and toddlers thrive on rituals that repeat stories and songs, have a consistent and predictable order of events, and provide intimacy with their parents. Whether you’re playing a favorite bath game, singing over Shabbat candles, or snuggling with a good book before bed, revel in the rituals that bring you closer to your baby. It is nourishment for the soul – for both of you.

