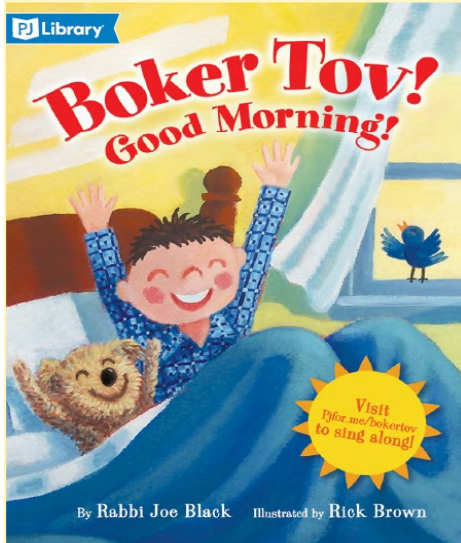


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{ **How can we greet the day?** }

Rise and Shine!

When there's a new baby in the house, chances are even the most reluctant morning person will be an early riser. Well, here's the bright side: Now you can appreciate the beauty of a sunrise. Starting the morning with a joyful attitude can help set the tone for the entire day. The song in this book points to things we can be grateful for each morning – sunshine, food, and “the earth beneath our feet.” In fact, it's a Jewish tradition to wake up each morning and say modeh (or modah) ani, “I feel thankful.” To learn more, visit pjlibrary.org/bokertov.

HANDS ON!

Make Every Morning a Good Morning

Every morning is an opportunity to celebrate, but let's face it, some mornings are easier than others. Here are tried-and-true tips that might help your mornings along.

Give yourself plenty of time. Think about how much time each task typically takes in your household, then tack another ten minutes onto each one so you won't feel rushed. (Parents of toddlers, consider tacking on 15.)

Prep the night before. Restock the diaper bag, set out clothing (for yourself and baby), pack lunches for daycare. Searching for clean socks while your baby is crying is not a recipe for a fun morning.

Make time for a snuggle. If you can build another ten minutes into your morning, that gives you time for one more book or song, which will help both of you feel more grounded before you go out into the world.

Go with the flow. No matter how efficient and prepared you are, some mornings will simply not go according to plan – and that's okay. You'll have another opportunity tomorrow!

A Good Word

Boker means “morning” in Hebrew, and tov means “good.” Tov may be a simple word, but it is also powerful – and ancient. In the creation story in the Torah, the first five books of the Bible, the first (and only!) adjective used to describe the world's wonders – from light to vegetation, from celestial bodies to animals – is . . . tov. So what better way to greet each new morning, each new glimpse of the world's wonders, than boker tov – good morning!

Sleep Like a Baby?

“Good morning, let's sing our song. Slept all night – now we're rested and strong.” This might feel slightly ironic to parents of infants, who know that sleeping like a baby often means waking up every few hours. Waking up is joyful, but how can we convince our children that sleep is joyful, too? The bedtime Shema, a prayer said just before turning in, puts forth the hope that we will “lie down in peace and rise up in peace,” but if a child's wail wakes us in the middle of the night, we parents know not to worry – eventually our children will allow us a solid night's sleep again. (When that day finally arrives, we'll be “feeling so happy – from our head to our toes!”)