

Preparing Your Children For Day Of Atonement

When it comes to preparing your children for Day Of Atonement, the earlier the better because it gives you time to prepare them mentally and physically. To prepare them mentally explain the importance of Day Of Atonement and get them excited to atone by coming up with fun activities to do before and during the High Holy Day.

To prepare them physically, here are a couple of great tips:

- Prepare them two weeks before (If you start preparing them two weeks in advance, this gives you the time to see how they bodies are responding and make changes accordingly)
- Keep them hydrated (This is very important because the first thing they would want is something to drink once the fast begins. So, try your best to keep them hydrated while preparing them)
- Give them protein with their water or coconut water (This will keep all that hydration in their bodies)
- Add more fruits and veggies to their meals
- Cut out added sugars (Added sugars will just make them thirsty, make juices yourself for them using fruits and veggies, or even slushes using juiced fruits)
- Make a water chart so that they can have fun keeping track of their water intake (Get them involved and they will enjoy it)
- Make infused water (Get creative with different flavors)