

Your baby's bris ingredients

People you will need for the bris:

1. **Kvatter/kvatterin**- the person who carries the baby to the sandek.
2. **Sandek**- the helper who holds the baby on the pillow during the bris.
3. **Sandek sheni**- the second helper who feeds the baby sweet wine during the circumcision.

Things you will need for the bris:

Good overhead or standing light

Small table (such as a card or kitchen table) with a white tablecloth. The circumcision will be done on this table.

On this table, please place:

- 1) Pillow with a white pillowcase
- 2) A white baby swaddling blanket placed on the pillow to wrap him in during the ceremony. Then, 13 years later, it can be used as a wimpel at his Bar Mitzvah.
- 3) Kiddush cup and sweet kosher wine (eg-Manishewitz or Magen David)
- 4) Pacifier (for dipping in sweet syrup during the administration of the anesthetic and then for dipping in the sweet wine during the procedure)
- 5) A **new** tub or large tube of Vaseline jelly
- 6) A box or sleeve of 3x3 or 4x4 gauze
- 7) 4 clean disposable diapers and a pack of baby wipes

- 8) Sugar water for administering the anesthetic (1/4 cup water with 4 tablespoons sugar dissolved in)
- 9) Infant acetaminophen (tylenol) 160 mg/5mL concentration, to administer 1.25 mL by syringe approximately 30 minutes prior to the ceremony. This is usually the only dose he'll need. See aftercare instructions (below) for further details.
- 10) Small garbage can with liner underneath the table
- 11) A small side table for the medical instruments
- 12) Hard-backed chair in front of the larger table for the sandek
- 13) Fancy chair for Elijah
- 14) One more swaddling blanket or tallit for him to wear as he's walked in by the kvatter.
- 15) Kippot for guests
- 16) Challah and food for the seudat mitzvah- the celebratory nosh after the bris

(optional) A tzedakkah box and slips of paper with pens (if you wish- guests can each write a blessing for your baby, then place the blessing in the box. To be read either during the ceremony or to cherish later).

The Blessing for Parents to Recite after the Circumcision

We praise You,
Adonai our God, Ruler
of the universe, who
hallows us with *mitzvot*
and commands us to
bring our son into the
Covenant of Abraham,
our father.

ברוך אתה יי' אללה ננו,
מלך הרים, אשר קדשנו
במצותיו וצונו להכניiso
בבריתו של אברהם
אבינו.

Baruch Ata, Adonai Eloheinu, Melech ha-olam, asher kideshanu bemitsvotav, vetsivanu lehachniso biverito shel Avraham avinu.

Aftercare

If your child appears uncomfortable, I recommend acetaminophen 1.25 ml of the via syringe every 6 hours as needed for pain from circumcision, not to exceed 4 doses in total. If you feel he needs a 5th dose, please call me or his doctor as this is unlikely due to the circumcision.

The glans will appear beefy red for the first few days, then develop a yellow granulation tissue until it heals. It is important to apply a generous amount of vaseline to a piece of gauze prior to fastening his diaper to prevent the diaper sticking to the glans. If this happens, wash the area with warm water and slowly peel back the diaper.

Adhesions- these are very common, especially in larger babies (as they typically have a significant fat pad that can push the remaining skin of the

penis against the glans). The vaseline gauze should prevent most adhesions, but pushing the skin down below the base of the glans with each diaper change when he's at least one month past his circumcision will prevent them from forming.

Resources

www.PJLibrary.org - Jewish bedtime stories and songs for families. They will send a free monthly book to your child.

www.urj.org Union for Reform Judaism. Comprehensive, with links for interfaith families.

The New Jewish Baby Book by Anita Diamant.

A guide to welcoming your baby into the world and into Judaism.

The Blessing of a Skinned Knee by Wendy Mogel, PhD.

Based on Jewish teachings, it emphasizes how to raise confident and compassionate children.

Of course, any of our local rabbis or congregations will be happy to welcome you at anytime.

Mazel tov!

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