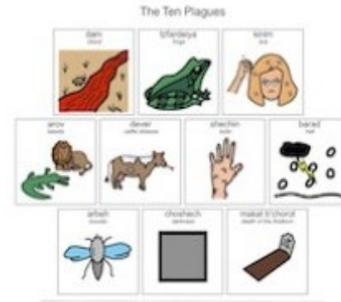


Seven Strategies for a Successful Seder for All Children



Use these tips to make your Seder enjoyable for all.

1. **Preview.** Create a social story, a customized children's picture book designed to prepare the child for the Seder experience. This will reduce chances of overwhelm.
2. **Pre-feed.** Make sure children eat before the Seder—preferably a protein and complex carbohydrate, rather than a sugary snack. This will extend their patience, especially since many pre-meal traditions, such as horseradish, charoset, and gefilte fish, are not always kid-pleasers.
3. **Program.** Create a word and/or picture schedule of the Seder to which the child can refer. Even non-readers or pre-readers can enjoy the confidence boost of being able to follow along, alone or with help.
4. **Plant the Feet.** Make sure a child's chair allows them to touch the floor (or a steady chair rung) to ensure support, balance and longer sitting tolerance. Try to create 90 degrees at the ankles, knees and hips, for sitting squarely at the table.
5. **Prevent.** Heavy silverware may prove difficult for children with grip challenges to manage. Tall glasses or wine cups are spills waiting to happen. Make sure each child has child-sized flatware and a Passover sippy cup.
6. **Participate.** Give children an important role, such as carrying the towel around while everyone washes their hands. This will provide a movement break and offer a sense of purpose in what can otherwise feel like a grown-up occasion. Another important job: Taking care of Baby Moses: a doll wrapped in a blanket in a woven basket awaiting rescue from the Nile.
7. **Plague Play.** The ever-popular plagues bag can add fun to any Seder. But fine motor difficulties can make tiny toys frustrating. Explore the plague finger puppets available on the market, make your own with old socks, or set up a magnetic or Velcro board with plague symbols the children can attach. (Click here for printer-friendly plague symbols.)