



Parts to the Berit Mila

1. The Mila (Circumcision)
2. The Baby Naming
3. The Priestly Blessing

Things you will need for your Berit Mila Ceremony

1. Table with tablecloth (large enough for the baby, Kiddush cup, etc)
2. Good overhead lighting
3. Chair for Elijah
4. Hard-backed chair(s) for Sandek(im)
5. Pillow with white pillow case
6. Kiddush cup
7. Sweet kosher wine
8. Vaseline or A&D ointment
9. 4x4 gauze (available at drug store)
10. clean disposable diapers
11. Challah
12. Candles with candle holders (optional)
13. Tallit and Kippot for the guests (optional)
14. Infant Tylenol (optional)

People/Honorees

Sandek(im)

- A person(s) to hold the baby for the circumcision, often a Grandfather(s).

K'vater/K'vaterin

- Godparents
- These people must be Jewish- They are in charge of making sure your son has a Jewish education

You may also wish to include other honorees to say the Kiddush or Hamotzi. Candle lighting blessings are optional, however if you desire to include this, you may choose an honoree to say this blessing as well.

- Kiddush
- Hamotzi
- Candle lighting



The Naming Ceremony

You will need to choose a Hebrew name for your son. Hebrew names are often taken from relatives who have passed.

You will also need to prepare a short speech including the name of your son and the reasons behind the special name. The story about the name may include the attributes you want your son to inherit from the person he is named after.

Before the Circumcision

The baby should be fed 1 hour prior to the actual start of the ceremony. He can wear a gown, short top, or onesie that is unsnapped. Please no pants.

Post circumcision care

Items required:

1. Diapers
 2. Vaseline or A&D ointment
- You may remove the Vaseline gauze after the next void (pee). The infant should have a wet diaper within 6-8 hours after the circumcision.
 - You should put Vaseline or A&D ointment around the area of the circumcision over the next 7 days. This should occur after each diaper change until the wound has completely healed.
 - Do not place towels, napkins, or toilet paper on the circumcision site.
 - The baby can eat normally
 - A yellow-whitish area forms like moist scabs. Do not remove this scab. It will fall off on its own.
 - Do not bathe the baby until the yellow scab falls off (usually 4-5 days). Until then, sponge baths only.
 - There may be a small amount of bleeding in the first 1-2 days.
 - You can give the infant Tylenol every 6 hours as needed. Do not use motrin.
 - If there are any of the following: pus, foul odor, swelling, tenderness, or increased redness, these may be signs of infection. Please call me.
 - Please call with any questions or concerns.