



THIS IS THE CHALLAH

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Illustrated by Amy Wummer

When Bubbe and her grandchild bake challah for Shabbat, they make a big mess – and have a great time doing it. Told in rhyme, this story illustrates the hustle and bustle of getting ready for Shabbat – and the peacefulness that settles when it arrives.

JEWISH CONCEPTS

L'Dor v'Dor

The Hebrew phrase *l'dor v'dor* (literally, “from one generation to the next”) is about intergenerational relationships and the responsibility of older people to pass on their knowledge and wisdom. Can something as simple as making challah with a child have a powerful and lasting effect? Absolutely! Little ones are quick to make strong connections with a beloved adult, and the glimpse of Judaism children gain through an elder’s stories about Jewish rituals and holiday experiences can last a lifetime. Encourage senior friends and relatives to spend time cooking, story-telling, and laughing with your children. What your little ones gain will be worth the flour on the kitchen floor!

Shabbat

Shabbat – the Jewish Sabbath -- begins on Friday evening and ends on Saturday night. While *Shabbat* isn’t mentioned in the text, the illustrations show that for the family in this book, baking *challah* is a Friday activity that leads to a sweet evening celebration, including lighting candles and saying a *bracha* (blessing) over the freshly-made bread.

USING THIS BOOK AT HOME

This Is the Challah is a cumulative tale, in which lines build and repeat (very often in rhyme) to tell the story. In fact, some say that the cumulative stories many of us learn as children stem from *Chad Gadya* (One Little Goat), the cumulative tale that families look forward to singing each year near the end of the Passover seder.

Here are some questions for family discussion:

- How can you tell that the little girl and her bubbe have fun baking together?
- At what special times do people bake and eat *challah*?
- From the illustrations, can you tell a story about the baby and the dog?

If you don’t have a favorite *challah* recipe, ask friends and relatives to share theirs, or try the recipe in this book. One sweet result of baking *challah* is the opportunity to share it. Invite friends to a Friday evening *Shabbat* dinner or bake an extra loaf and, with your children, deliver it to a local senior living home.