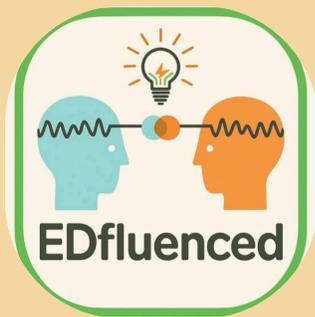
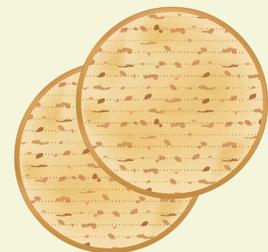
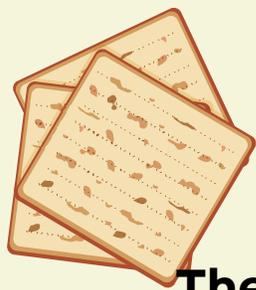


CHAG PESACH SAMEACH



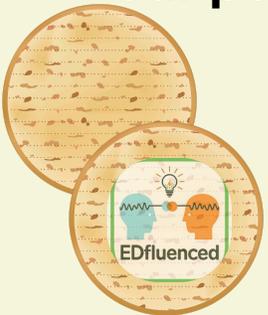


The mitzvah of “וְהַגַּדְתָּ לְבִנְךָ” – “And you shall tell your child” reminds us that the story of Pesach is meant to be passed down in a way our children can truly receive it. The Pesach Seder itself models this: questions are encouraged, the story is told in many different ways, and each child is approached according to who they are.

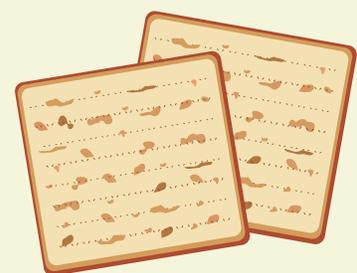
It is a night built around questions, curiosity, and individualized responses. Four children, four voices, four ways of engaging with the same story.

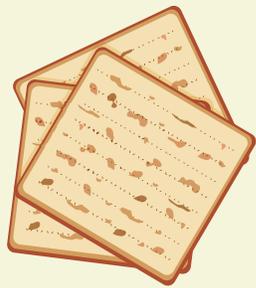
The goal is not that every child experiences the Seder the same way. The goal is that every child feels included in the story of the Jewish people as well as the stories of their own victories and successes. These are the stories that bind us and help our children understand their growth.

Between now and Pesach we will be dropping our very own Haggadah companion relating to parenting! Be sure to like and follow us so you don't miss any of our posts, tips, and resources!

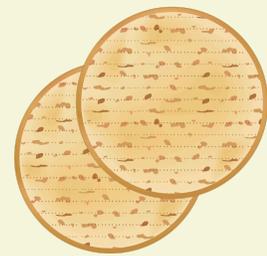


Caryn, Raizy, & Tari





Bedikat Chamtez

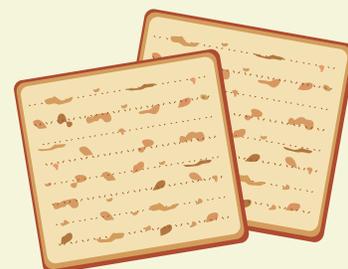
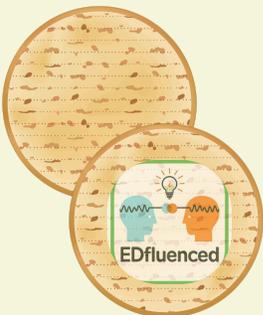


On the night before Pesach, we search by candle light. If the goal is to find every last crumb, wouldn't it make more sense to flood the house with light? To make everything visible, obvious, unmistakable?

The purpose of bedikat chametz isn't just to find, it's to notice. To slow down. To enter the quiet, the almost-dark, and become sensitive to what we might otherwise overlook.

As parents or educators, we want to turn on all the lights. We want clarity, immediate change, visible growth. We want to see the whole picture of our child, their strengths, their struggles, their potential, all at once.

Bedikat chametz reminds us: even in darkness, it doesn't take a spotlight to reveal the truth. Sometimes all it takes is a little light and the willingness to search.



The Seder

1. Kadesh – Sanctifying the Night

Seder Theme: Say Kiddush and make a bracha over wine to begin Pesach.

EDfluenced Theme: “Pause and Presence:” take time to start the evening with intention, focus and attention.

Personal Reflection: How can I start this evening fully present, noticing the small brachot in my life?

2. Urchatz – Washing Hands

Seder Theme: Wash hands without a bracha, symbolizing purity before eating.

EDfluenced Theme: “Reset and Refresh:” take a moment to calm, regulate, and prepare yourself for a night of learning and storytelling.

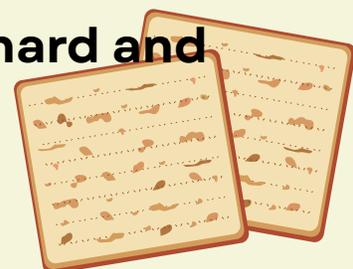
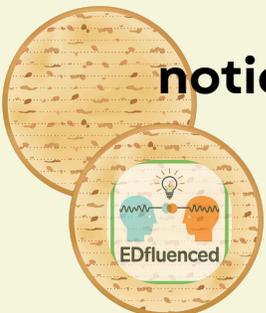
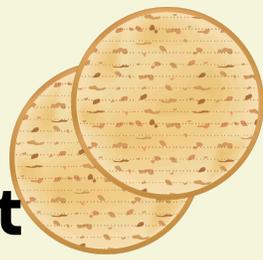
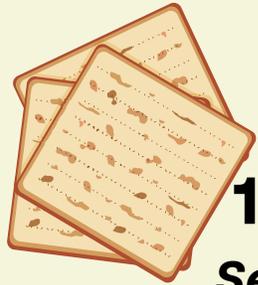
Personal Reflection: When have I taken a moment to pause and center myself before facing a challenge?

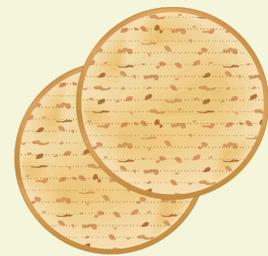
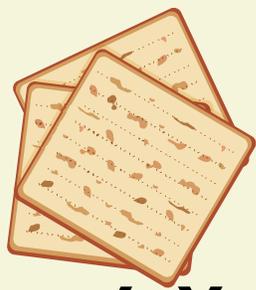
3. Karpas – Dipping a Vegetable

Seder Theme: Dip a vegetable in salt water, symbolizing the tears of slavery.

EDfluenced Theme: “Connect with Emotion:” taste the sweetness and bitterness in life, learning to acknowledge both.

Personal Reflection: What feelings am I noticing tonight? How do I honor both the hard and joyful moments in my family?





4. Yachatz – Breaking the Middle Matzah

Seder Theme: Break the middle matzah and hide the larger half as the afikoman, representing redemption and hope.

EDfluenced Theme: “Hold onto hope:” even when life feels incomplete or messy, there’s a part of the story we keep for later to look back and reflect on.

Personal Reflection: What is a hope or goal I want to carry forward for my children or myself this year?

5. Maggid – Telling the Story

Seder Theme: Retell the story of Yitzat Mitzrayim, including asking questions, and teaching the next generation.

EDfluenced Theme: “Story as Learning:” adapt the story to each child’s needs, curiosity, and understanding.

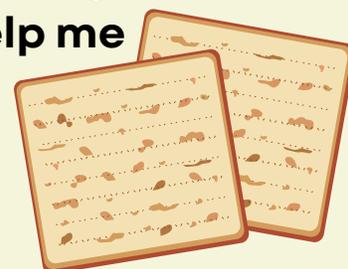
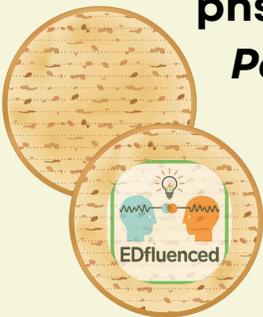
Personal Reflection: How can I tell my story, or my child’s story, in a way that celebrates growth, resilience, and learning?

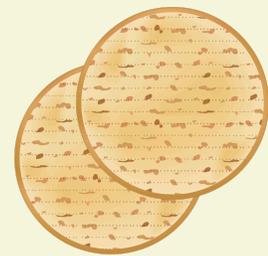
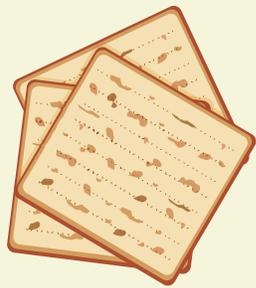
6. Rachtzah – Washing Hands Again

Seder Theme: Wash hands with a bracha before eating matzah.

EDfluenced Theme: “Remember to reset:” both physically and mentally for the remainder of the night.

Personal Reflection: What habits or rituals help me and my family feel grounded before starting something new?





7. Motzi Matzah – Bracha over the Matzah

Seder Theme: Make Ha'motzei and eat the matzah.

EDfluenced Theme: “*Learning through simplicity:*”
even plain things, when considered mindfully,
hold deep meaning.

Personal Reflection: What simple moments of learning or
connection today can I savor and appreciate?

8. Maror – Bitter Herbs

Seder Theme: Eat bitter herbs to remember
the hardships of slavery.

EDfluenced Theme: “*Face challenges:*” honestly
and recognize that struggles exist
but we can still grow from them.

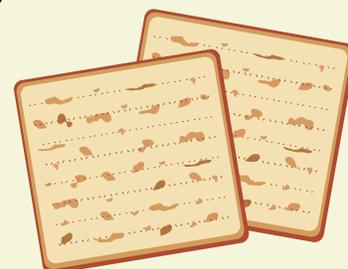
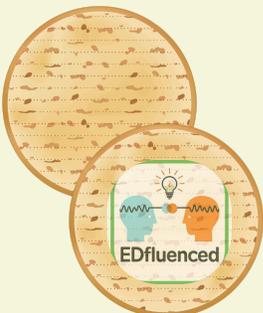
Personal Reflection: When have I or my child faced
a “bitter” challenge and learned something
important from it?

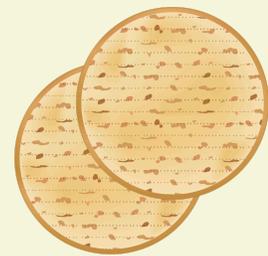
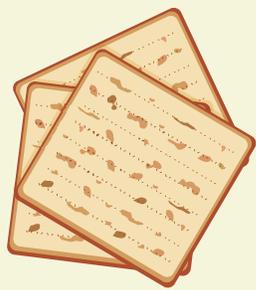
9. Korech – Hillel Sandwich

Seder Theme: Combine matzah and maror to
symbolize the combination of
suffering and redemption.

EDfluenced Theme: “*Integration:*” of our struggles
and joys are intertwined; they shape our
growth together.

Personal Reflection: How can I embrace
both the hard and sweet moments of
parenting and life?





10. Shulchan Orech – The Festive Meal

Seder Theme: Enjoy the meal!

EDfluenced Theme: “*Shared joy:*” nourishment isn’t just food, it’s connection and celebration.

Personal Reflection: What moments of joy and connection can I pause to celebrate with my family?

11. Tzafun – Eating the Afikoman

Seder Theme: Find and eat the Afikomen (and dessert).

EDfluenced Theme: “*Treasure the unseen:*” hope, potential, and growth are often hidden, waiting to be discovered.

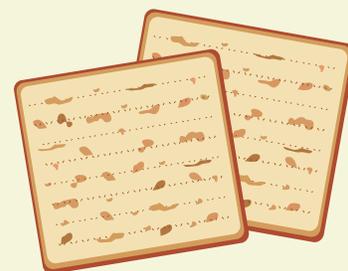
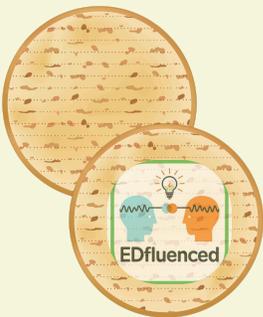
Personal Reflection: What hidden strengths or surprises have I noticed in my child or myself this year?

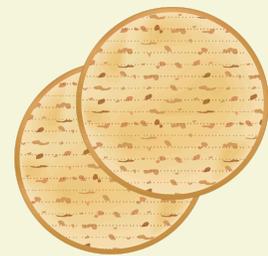
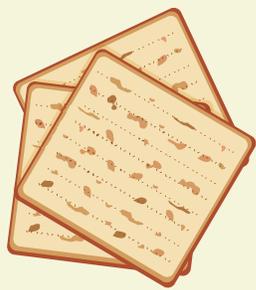
12. Barech – Bercat HaMazon

Seder Theme: Bentsch after the meal thanking Hashem for all you have.

EDfluenced Theme: “*Gratitude as practice:*” noticing the many ways we are supported, seen, and loved.

Personal Reflection: What am I grateful for today, in my family, my children, or myself?





13. Hallel –

Seder Theme: Sing and acknowledge Hashem’s miracles and kindness.

EDfluenced Theme: “*Celebrate resilience:*” honor not just miracles in history, but everyday courage and growth.

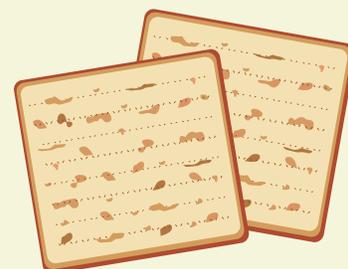
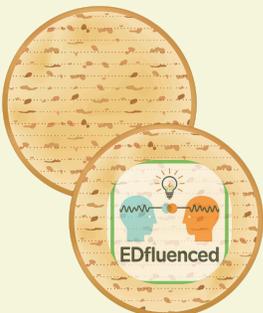
Personal Reflection: What moments of courage, growth, or love deserve to be celebrated?

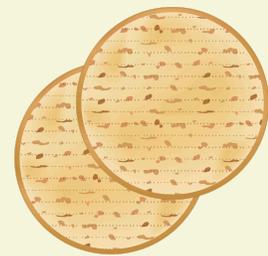
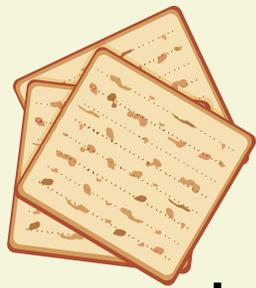
14. Nirtzah – Conclusion

Seder Theme: “L’Shana Haba B’Yerushalem”

EDfluenced Theme: “*Looking ahead with hope:*” every story, challenge, and success is part of building what comes next.

Personal Reflection: What hope or intention do I want to carry forward for my family?





Questions That Rise (Unlike Our Dough!)

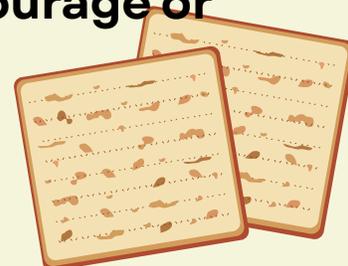
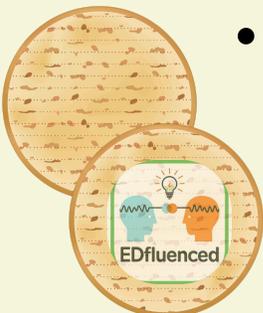
Just as we tell the story of our people on Pesach, we also tell the stories that shape our families. These questions help us reflect on our growth, our resilience, and the stories that connect us.

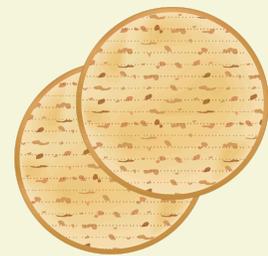
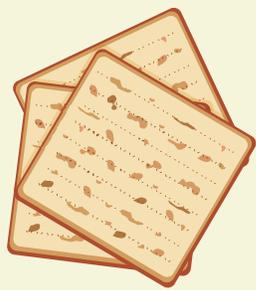
1. *“From Mitzrayim to Me” - Questions of Growth*

- What is something you accomplished this year that you are really proud of?
- What is something new you learned that made you feel proud?
- What is something you practiced and got better at over time?
- What is something you once thought you couldn't do but now you can?

2. *“Crossing the Red Sea of Challenges” - Questions of Effort and Courage*

- What is something that felt hard at first but you kept trying and eventually did it?
- When was a moment you surprised yourself with what you could do?
- What is a challenge you worked through that helped you grow?
- What is a moment when you showed courage or tried something new?



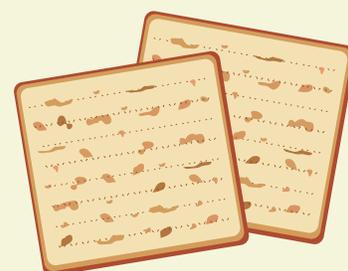
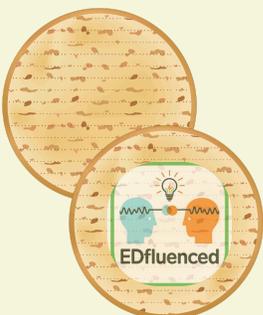


3. “Afikoman Achievements” - Questions of Small Wins

- **What is a small win that meant a lot to you?**
- **When did you feel proud of the effort you put into something?**
- **What is something you did that helped someone else?**
- **What is something you are still working on but feel proud of the progress you’ve made?**

4. “The Family Seder Story” - Questions of Family Story

- **Do you know where your parents met?**
- **Do you know where your parents and grandparents grew up?**
- **Do you know the story behind your name?**
- **Do you know what happened when you were born?**
- **Do you know some things that happened to your parents when they were in school?**
- **Do you know some of the jobs your parents had when they were younger?**



Ma Nishtana

מה נִשְׁתַּנָּה הַלַּיְלָה הַזֶּה מִכָּל הַלַּיְלוֹת?

שָׁבַכְל הַלַּיְלוֹת אָנוּ אוֹכְלִין חֶמֶץ וּמִצָּה...
הַלַּיְלָה הַזֶּה כָּלוּ מִצָּה?

Why is this night different from all others?

EdFluenced Lens: *Noticing differences and changes.* Encourage curiosity and awareness of what makes today special

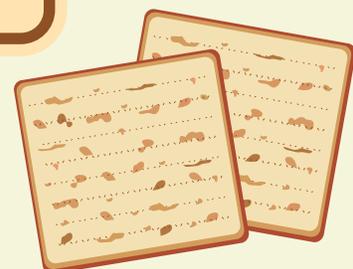
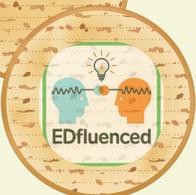
**Interactive Prompt: Look around the table.
Can you name one thing tonight that feels different or exciting compared to a regular night?**

שָׁבַכְל הַלַּיְלוֹת אָנוּ אוֹכְלִין שְׂאֵר יִרְקוֹת...
הַלַּיְלָה הַזֶּה מְרֹר?

Why do we eat bitter herbs on this night?

Edfluenced Lens: *Acknowledging challenges.* Teaches it's okay to feel discomfort and that hard moments are part of learning and growth.

Interactive Prompt: Can you think of a challenge you faced this year and one small way you grew from it?



Ma Nishtana



שָׁבַכְל הַלֵּילוֹת אֵין אָנוּ מְטַבֵּילִין אֶפְלוּ פְעַם אַחַת
הַלֵּילָה הַזֶּה שְׁתֵּי פְעָמִים?

Why do we dip the vegetable twice tonight?

Edfluenced Lens: *Experiencing life in layers.*
Dipping twice teaches that experiences can be bittersweet and multi-layered; we notice both the challenges and the sweetness in life.

Interactive Prompt: Try dipping your vegetable. Can you think of a moment when something felt both hard and joyful and how you felt with those layered emotions.

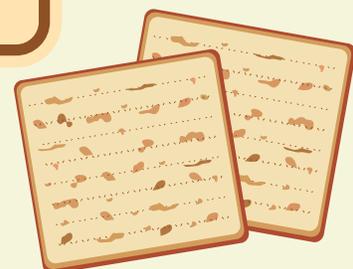
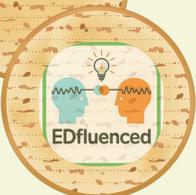


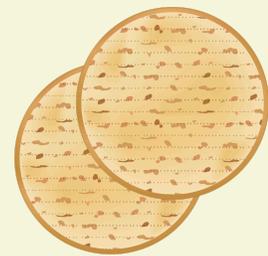
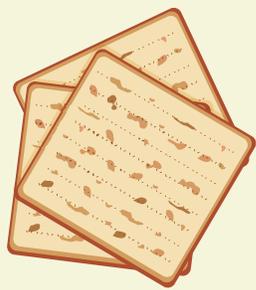
שָׁבַכְל הַלֵּילוֹת אָנוּ אוֹכְלִין בֵּין יוֹשְׁבִין וּבֵין מְסַבִּין
הַלֵּילָה הַזֶּה כָּלְנוּ מְסַבִּין?

Why do we recline on this night?

Edfluenced Lens: *Practice autonomy and comfort.* In your body and your choices.

Interactive Prompt: Try reclining for a moment. Can you think of a moment when you felt free or proud of your choices?





The 10 Makot

Dam (Blood) – The water in the Nile turns red.

***Reflection:* Things can change suddenly and unexpectedly. How do we stay calm when routines shift?**

Tzfardea (Frogs) – Frogs everywhere!

***Reflection:* Sometimes small annoyances pop up all at once. How do we handle sensory overload as individuals and together?**

Kinim (Lice) – Tiny bugs appear.

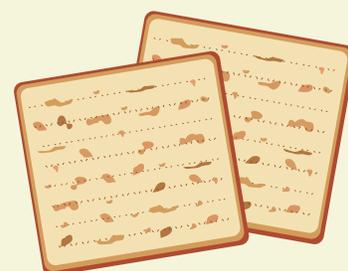
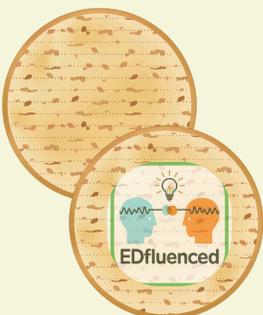
***Reflection:* Little things can be irritating. How we can handle them without losing patience?**

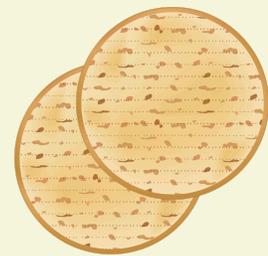
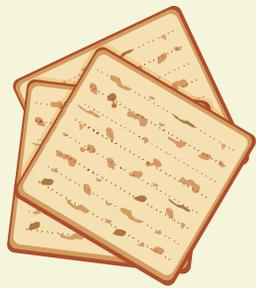
Arov (Wild Animals) – Animals wander into homes.

***Reflection:* Life can feel chaotic. How do we make space for everyone safely?**

Dever (Pestilence) – Illness affects the animals.

***Reflection:* Sometimes things outside our control affect us. How can we care for ourselves and each other?**





Sh'chin (Boils) – Painful sores appear.

***Reflection:* Hard feelings or discomfort happen. How do we stay compassionate when it's tough?**

Barad (Hail) – Storms come from the sky.

***Reflection:* Sudden changes can feel overwhelming. How do we stay flexible and adapt?**

Arbeh (Locusts) – Swarms eat all the crops.

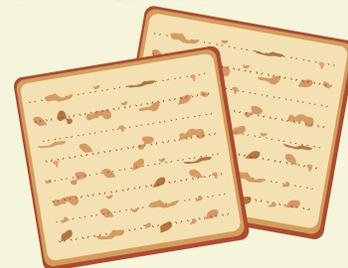
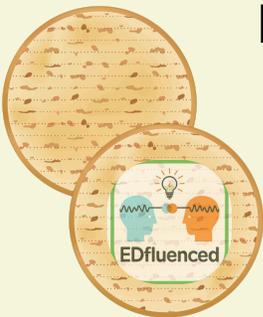
***Reflection:* We can lose things we rely on. How do we problem-solve and rebuild?**

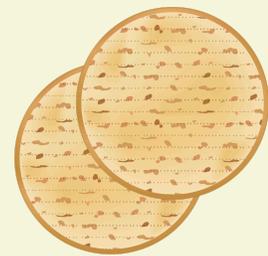
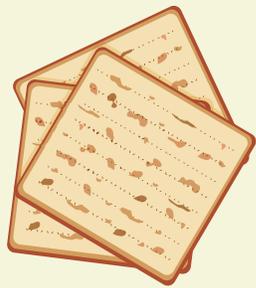
Choshech (Darkness) – Complete darkness covers the land.

***Reflection:* Uncertainty can feel scary. How do we trust that light will return?**

Makat Bechorot (Death of the Firstborn) – The final plague.

***Reflection:* Life can be really hard, and loss is part of the story. How can we support each other with care and love?**





4 Cups of Wine

As we go through the Makot, we dip our finger and remove a drop of wine for each one.

Doing this diminishes our cup as we acknowledge pain and suffering.

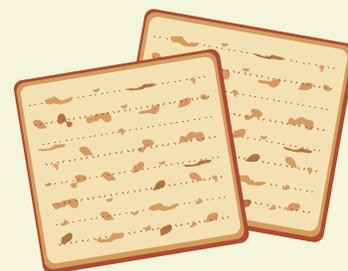
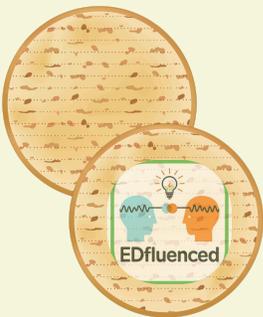
But then we refill it.

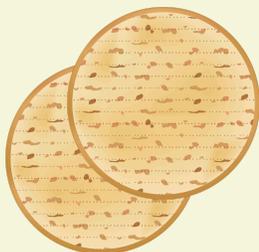
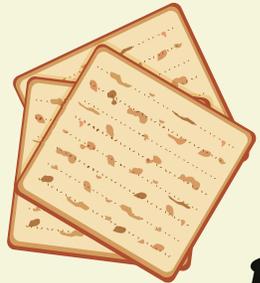
A quiet reminder: in life, we all give of ourselves—our time, our energy, our patience.

Drop by drop, our cups can start to feel empty. The Seder teaches us not to stay there.

We have to refill our own cup, through rest, connection, purpose, and presence to ensure we don't run on empty.

You can't pour into others if your cup is already dry.



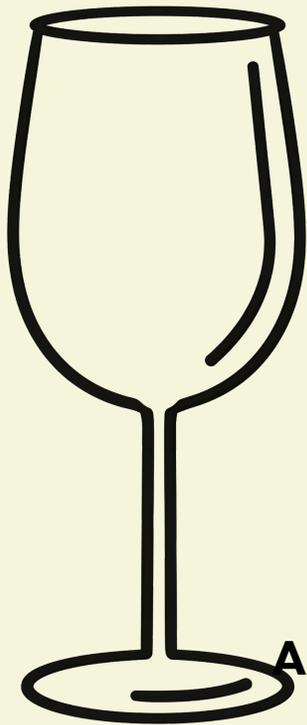


וְהוֹצֵאתִי

Sanctification → Cup of Survival

“I will bring you out”

Freedom starts with simply getting through the day.



You made it here. That counts.

Showing up is sacred.

Holiness isn't perfection, it's presence.

A toast for: surviving the day, however it looked.

וְהַצֵּלְתִּי

Deliverance → Cup of Flexibility

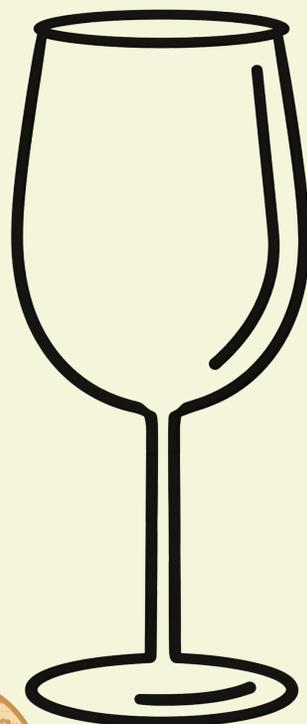
“I will deliver you”

The story never goes exactly as planned... but we pivot. Again.

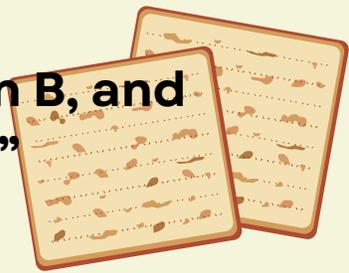
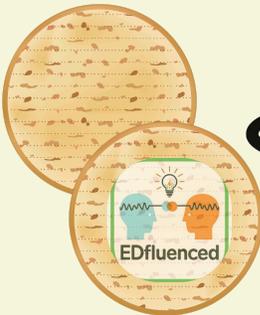
The Seder is messy, so is life.

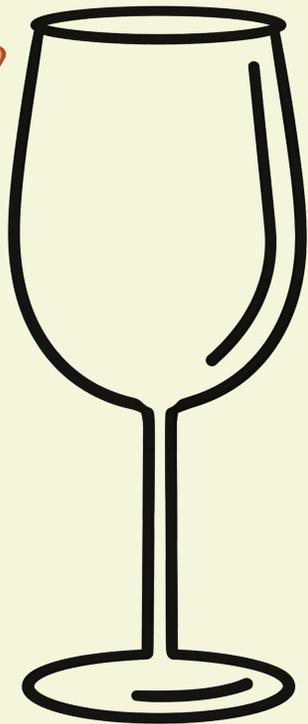
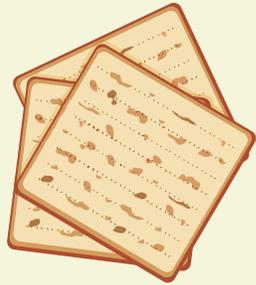
Flexibility is progress.

The “messy middle” is part of redemption.

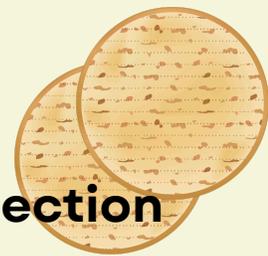


A toast for: every pivot, plan B, and “this will have to do.”





וְגַאֲלֹתִי



Redemption → Cup of Connection
“I will redeem you”

Redemption doesn't have to be big.

One laugh.

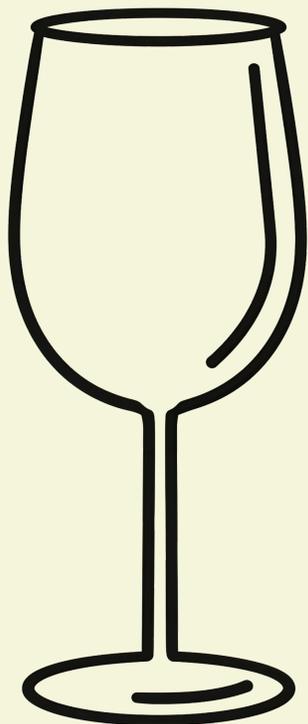
One shared moment.

One small win.

That's connection. That's nourishment.

**A toast for: the moments that worked,
even briefly.**

וְלִקְחֹתִי



Praise → Cup of Hope
“I will take you”

We don't just look back, we look forward.

Hope is its own kind of freedom.

Tomorrow is a new chance.

Progress > perfection.

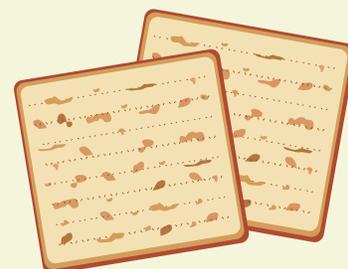
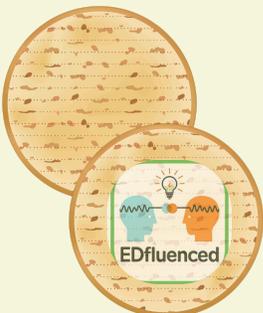
A toast for: what's still possible.

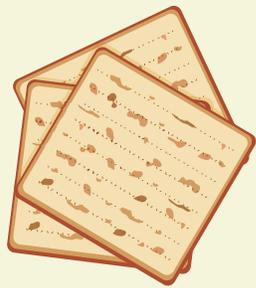
**Drink accordingly. No judgment on refills.
Because liberation, then and now, is a process,
not a perfect performance.**

4 Cups. One Seder.

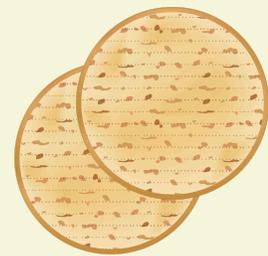
One real-life journey.

And we honor all of it.





4 Sons



The Seder invites us to see that every child is unique. There are the thinkers, the challengers, the straightforward ones, and the ones still finding their voice.

And our job? Not to change the child but to change how we show up.

Because each child isn't just asking a different question. They're asking it in a different way, from a different place, with different needs underneath the surface.

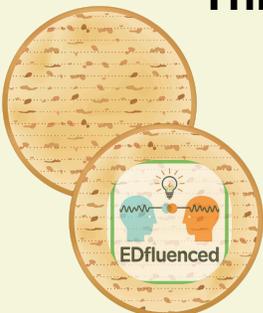
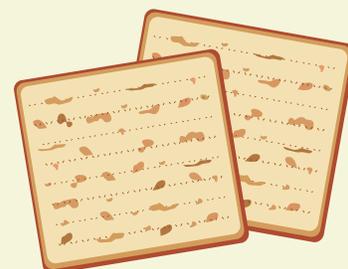
One child seeks depth and understanding. One pushes back or disconnects. One needs things broken down simply. And one doesn't yet have the words, but still needs to be seen.

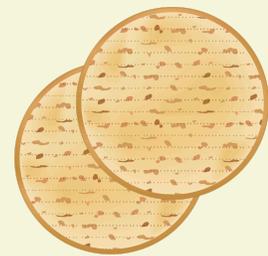
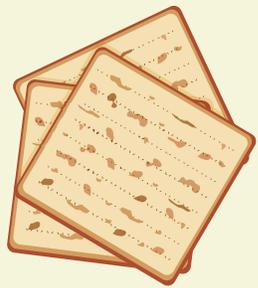
We don't parent one way. We parent this child. In this moment.

Every behavior is communication. Every question (or lack of one) is an opening. Some need answers. Some need space. Some need clarity. Some need help finding their voice.

When we shift from "Why are they like this?" to "What do they need right now?" we move from frustration to connection.

This is differentiated parenting. This is relational storytelling. This is meeting each child exactly where they are and reminding them they belong.





Dayeinu

If our children struggled and we learned to meet their struggle with compassion. Dayeinu!

If they had hard moments and we stayed regulated instead of reactive. Dayeinu!

If they moved one step forward even after two steps back. Dayeinu!

If they found one strength in a world that focuses on deficits. Dayeinu!

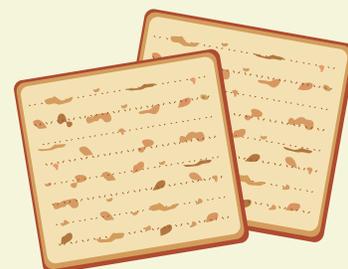
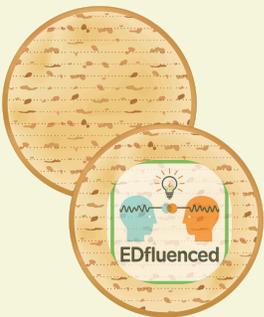
If we learned to measure growth in effort instead of outcome. Dayeinu!

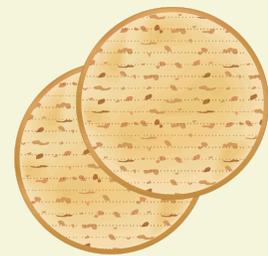
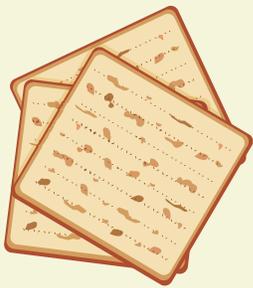
If we stopped comparing and started appreciating our child's unique path. Dayeinu!

If we celebrated small victories instead of waiting for perfection. Dayeinu!

If we held space for their feelings without rushing to fix them. Dayeinu!

If we trusted their timing even when it was different from ours. Dayeinu!





If we showed up again and again, even when it was hard. Dayeinu!

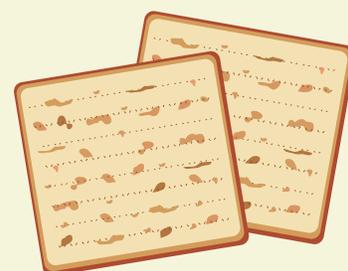
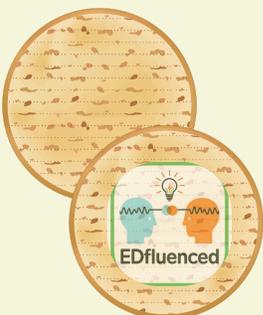
If we asked curious questions instead of giving immediate answers. Dayeinu!

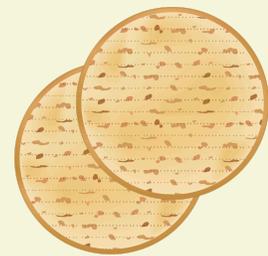
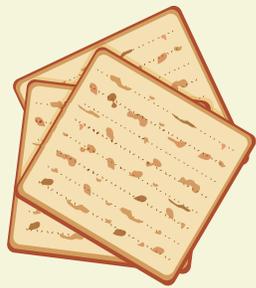
If we turned challenges into teaching moments filled with patience. Dayeinu!

If we advocated for them when no one else would. Dayeinu!

If we loved them fiercely, even on the messy days. Dayeinu!

And for all of these moments, seen, unseen, and in between. Dayeinu!





Echad Mi Yodeia

Who knows one?

I know one!

**One is the child who teaches me
There's more than one way to be.**

Who knows two?

I know two!

**Two are the choices I offer
So transitions feel a little softer.**

Who knows three?

I know three!

**Three deep breaths we take
When emotions start to shake.**

Who knows four?

I know four!

**Four times I remind myself today:
Connection comes before "okay."**

Who knows five?

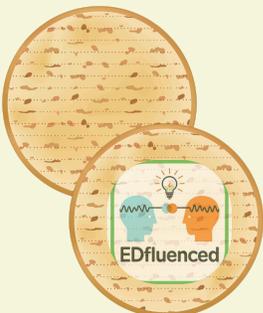
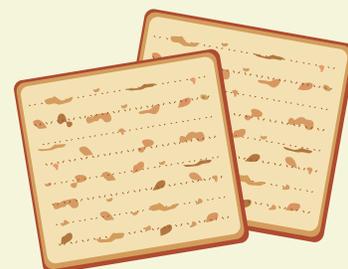
I know five!

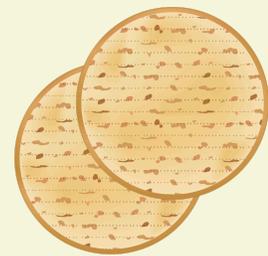
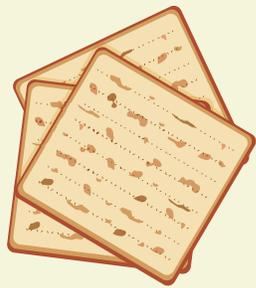
**Five plans I made this morning...
And changed by 9:45.**

Who knows six?

I know six!

**Six sensory tools in my bag
For when the day starts to drag.**





Who knows seven?

I know seven!

**Seven wins no one else can see
But they mean everything to me.**

Who knows eight?

I know eight!

**Eight times I paused instead of reacting,
Even when it felt like overacting.**

Who knows nine?

I know nine!

**Nine little moments of grace
When I slowed my pace.**

Who knows ten?

I know ten!

**Ten reminders again and again:
This child is exactly who they're meant to be.**

Who knows eleven?

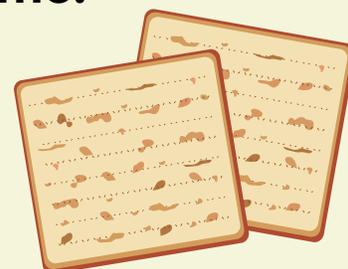
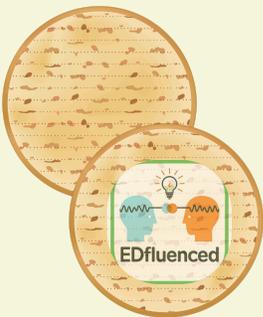
I know eleven!

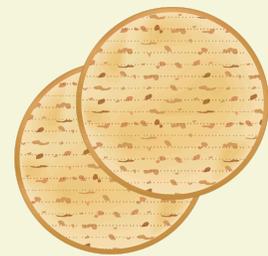
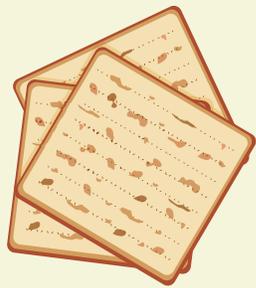
**Eleven quiet t'filot I say
Just to get us through the day.**

Who knows twelve?

I know twelve!

**Twelve ways I've learned to see:
This journey is shaping both them and me.**





Chad Gadya

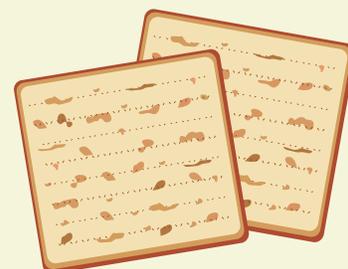
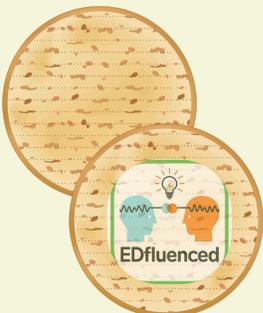
**Chad gadya, chad gadya...
One little plan, one little plan
That I made at the start of the day...**

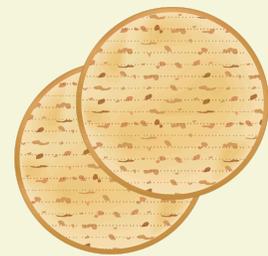
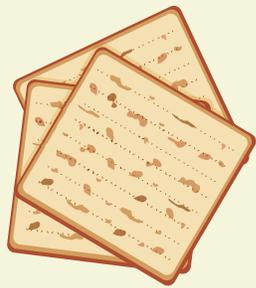
**Then came the schedule
That changed my plan
That I made at the start of the day...**

**Then came the transition
That challenged the schedule
That changed my plan
That I made at the start of the day...**

**Then came the big feelings
That flooded the transition
That challenged the schedule
That changed my plan
That I made at the start of the day...**

**Then came the sibling
Who added some noise
To the big, big feelings
That flooded the transition...**





**Then came the exhaustion
That met the moment
That held the sibling
That stirred the noise...**

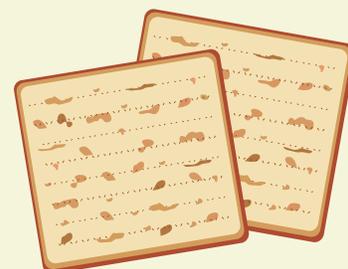
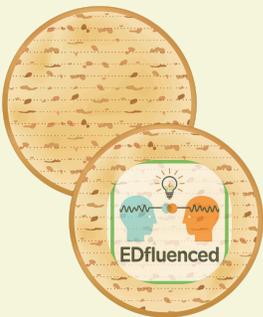
**Then came the deep breath
That softened exhaustion
That met the moment...**

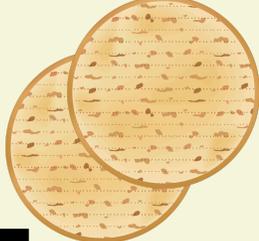
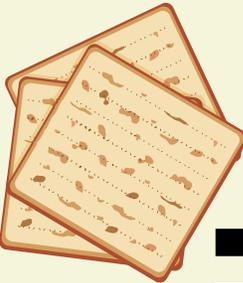
**Then came the connection
That followed the breath
That softened exhaustion...**

**Then came the small win
That built the connection
That followed the breath...**

**Then came the reminder
This is the work.
This is the growth.
This is the love.**

**Chad gadya, chad gadya...
One little step, one little step,
At a time.**





לשנה הבאה

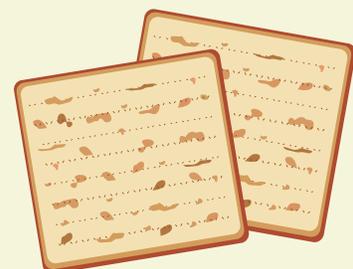
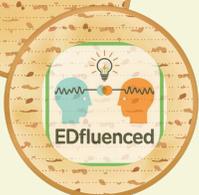
בירושלים

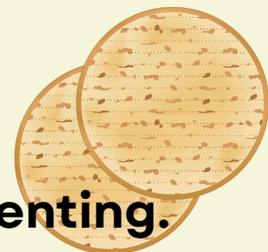
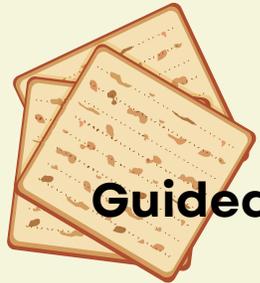


Now that your Pesach Seder is complete, take a moment to pause and reflect on the night.

Consider your own personal redemption.

What is one accomplishment both, big and small, that you'd like to celebrate tonight?





Welcome to EDfluenced:

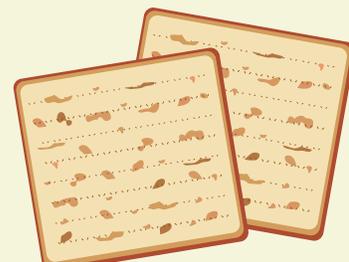
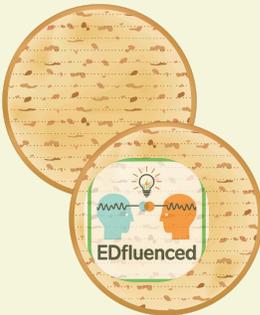
Guided by Torah, Fueled by Coffee, Bonded by Parenting.

We're so glad you're here. EDfluenced was created to be a safe space where every mom feels seen, supported and understood. We are passionate about empowering and connecting with moms raising children with ADHD, anxiety, and other neurodivergent behaviors. We are in no way experts in these areas, just moms who literally found each other and realized how much we could help one another by sharing, listening, and showing up.

Our goal is simple: to be there for each other and make sure no mom ever feels isolated or alone in her parenting journey.

Each week, we share meaningful posts on topics like school support and advocacy, medication options, nutrition and wellness, educational tools, and ways to create a calmer, more supportive home environment. You'll also find curated resources, inspiring guest speakers, and expert insights to help your family thrive.

EDfluenced is a unique community in that we connect everything we experience to Torah sources and Jewish values, bringing meaning, perspective and purpose to our journey. Questions, stories, and recommendations are always welcome – this is your space to connect, grow, and be heard! Follow us on instagram @Edfluenced.



DAD JOKES

**1. Why did the matzah quit its job?
It felt crumby.**

**2. Why don't we eat bread on Pesach?
Because it's kneaded elsewhere.**

**3. Why did Pharaoh go to art school?
He wanted to learn how to draw the Red Sea.**

**4. Why do we eat bitter herbs?
Because they leaf a lasting impression.**

**5. How do you make charoset sing?
Put it in a grape band.**

**6. Why did the chicken cross the Red Sea?
To get to the other Seder.**

**7. What did one piece of matzah say to the other?
"You crack me up."**

**8. Why did the seder plate break up with the challah?
It was too kneady.**

**9. Why did the charoset start singing?
It wanted to sweeten the mood.**

**10. Why was the child's Hagaddah upside down?
They wanted to see the story from a different perspective.**

