



WAYS TO TEACH YOUR CHILD PRAYERS

Suggestions on what to teach your child(ren) below:

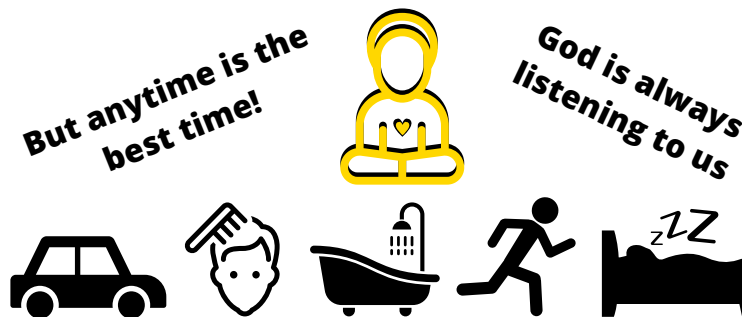
- [Mool Mantra](#)
- [Tera Kit\(h\)a jaatho nahi](#)
- [Gur Mere Sang Sada Hai Naale](#)
- [Gur Poore Meri Raakhlæe](#)
- [Poota Mata Kee Asees](#)
- [Kirtan Sohila](#)
- [Japji Sahib](#)



VISUALISATION

Some Gurbani is very easy to translate into visuals. Like Gur Mere Sang Sada Hai Naale. The Hymn connects to the 5th Guru of the Sikhs and His state of mind at the time of martyrdom. This can help a child to connect the sakhi (real-life story) with the visual and the hymn.

Some suggestions on when to practice



LINE BY LINE

Try asking your child(ren), to copy you line by line. Recite slowly and clearly.

POWER OF LISTENING

Keep a non-wifi connected MP3 on in your child(ren's) bedroom or in a common area of the house, which is repeating the prayer or hymn you want your child(ren) to learn.

LEARN THE MEANING'S

Teaching your child(ren) the meaning of a hymn or prayer is so important and powerful. It can help them remember the prayer or hymn through the visual you have given them. For example: Ik Onkar - God is one, use your finger to represent one God.



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There are so many beautiful ways to learn Gurbani, these are just a few that I practice with my children. Even when your child makes mistakes, its important to correct them and PRAISE their efforts. Incentives can be powerful ways to teach also.