Blessing the Children

The words of the blessing are taken from the priestly blessing and the introduction is altered depending on whether the child being blessed is a boy or girl. Usually the person giving the blessing places one or both hands on the child’s head.

For boys, the introductory line is:
May you be like Ephraim and Menashe.

For girls, the introductory line is:
May you be like Sarah, Rebecca, Rachel, and Leah.

For both boys and girls, the rest of the blessing is:
May God bless you and guard you.

May God show you favor and be gracious to you.

May God show you kindness and grant you peace.

Courtesy of: myjewishlearning.com/article/shabbat-blessings/