

Cuddlers Song Sheet

Singing softly helps parents ease their baby's stress and their own. Parents' voices are soothing to babies. Using the words, "I love you," promotes bonding between parents and their hospitalized baby.

The song, *Since I Love You Very Much*, was adapted from a well-known song and has a catchy refrain. At least one of the many verses can be appropriately used at any traffic light color. Because it strengthens loving feelings, we want to encourage parents to sing that song to their babies.

However, for a variety of reasons a parent may not be able to visit their baby from time to time. Cuddlers can provide this nurturing on behalf of the parents.

To show that you are nurturing on behalf of the parents, we have a slightly modified version of *Since I Love You Very Much for Cuddlers and other volunteers*. The actions in this song match the actions in the family song, only the lyrics are changed.

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Song

Two Little Goslings

(Sing to the tune of "Hush Little Baby")

Two little goslings safe in their nest.

Link fingers together to make a nest.

One was awake and the other at rest.

Slowly and gently lift one hand, lower the other with palm facing up.

One fell asleep and the other did too,

Bring hands together.

And they slept and they slept the whole night through.

Head leans on hands.



Song

Since You Are So Very Loved

(Sing to the tune of "If You're Happy and You know It")

I Love You

Whisper "I love you," very softly without putting your mouth next to your baby's ear.

From your family I whisper, "I love you."
From your family I whisper, "I love you."
Since your family loves you, and they're always thinking of you,
From your family I whisper, "I love you."



Hold baby's hand.

Since your daddy loves you lots, I'll hold your hand!
Since your daddy loves you lots, I'll hold your hand!
Since your daddy really loves you, and he's always thinking of you,
Since your daddy loves you lots, I'll hold your hand!



Place one hand on top of baby's head and the other hand on baby's feet. It will be as if you are making a nest with the baby cuddled right inside.

Since your mommy loves you lots, I'll give a hug!
Since your mommy loves you lots, I'll give a hug!
Since your mommy really loves you, and she's always thinking of you,
Since your mommy loves you lots, I'll give a hug!



Make a heart by putting your thumbs and index fingers together and show it to baby

Since you are so very loved, I'll make a heart!
Since you are so very loved, I'll make a heart!
Since your family loves you, and they're always thinking of you,
Since you are so very loved, I'll make a heart!



Blow a kiss gently, without getting too close; blow your kiss without breathing on baby!

Since your mommy loves you lots, I'll blow a kiss!
Since your mommy loves you lots, I'll blow a kiss!
Since your mommy really loves you, and she's always thinking of you,
Since your mommy loves you lots, I'll blow a kiss!

Chant

Mommy Loves You

Mommy loves you.
Daddy loves you.
Sister loves you.
Brother loves you.
Auntie loves you.
Grandma loves you...



Rhyme

One Little Monkey

One little monkey jumping on the bed.
Hold up finger with monkey puppet.
He fell off...
Lean one finger slowly to one side.
and bumped his head.
Mama called the doctor
and the doctor said,
Lean finger to the other side.
No more monkeys jumping on the bed!
Move finger forward.

Chant

Monkey Chant

Monkey see.
Monkey do.
Monkey says
"I love you!"



Song

Open Them, Shut Them

Open them, shut them.
Put both hands in front. Open them and then make a fist.
Open them, shut them.
Give a gentle tap, tap, tap.
Clap hands together softly.
Open them, shut them.
Open them, shut them.
Put them in your lap, lap, lap.
Fold hands in lap.

Creep them, crawl them,
Slowly walk fingers up your body.
Creep them, crawl them,
Right up to your chin, chin, chin.
Rest fingers on chin.
Open up your little mouth....
Open your mouth.
And then invite them in!
Gently tap your fingers on your chin.

Song

Are You Listening

(Sing to the tune of
"Frère Jacques")

Are you listening?
Are you listening?
To the sounds?
To the sounds?
Sounds are all around us.
Sounds are all around us.
You are loved.
You are loved.
Are you listening?
Are you listening?
Baby boy. Baby boy.
Sounds are all around us.
Sounds are all around us.
You are loved.
You are loved.
Are you listening?
Are you listening?
Baby girl. Baby girl.
Sounds are all around us.
Sounds are all around us.
You are loved.
You are loved.



Chant

Rum Pum Pum



Recite softly

Rum pum pum, this is my voice.
Rum pum pum, this is my voice.
My name is (say your name).
Your name is Baby.
You are loved.



Give a NICU hug and chant

Rum pum pum, here is a hug.
Rum pum pum, here is a hug.
My name is (say your name).
Your name is Baby.
You are loved.



Rum pum pum, this is my thumb.

Gently stroke baby's head with your thumb.

Rum pum pum, this is my thumb.
My name is (say your name).
Your name is Baby.
You are loved.

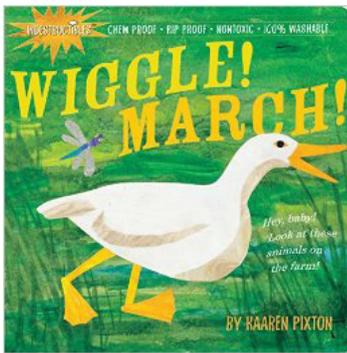
Song

Old MacDonald

Slowly and quietly.

Old MacDonald had a farm.
Ee-ai-ee-ai-oh.
And on that farm he had a duck.
Ee-ai-ee-ai-oh.
With a "Quack, quack" here and
a "quack, quack" there.
Here a "quack," there a "quack,"
everywhere a "quack, quack."
Old MacDonald had a farm.
Ee-ai-ee-ai-oh.
(Repeat with other animal names
and sounds.)





Wiggle! March!

Create your own story to go with the pictures, or read the book using the words below.

Here is a bedtime book about farm animals.

Duck says, "It's time to go to sleep. Quack quack."

Sheep says, "It's time to go to sleep. Baa baa."

Pig says, "It's time to go to sleep. Oink oink."

Horse says, "It's time to go to sleep. Neigh, neigh."

Cow says, "It's time to go to sleep. Moo, moo."

Rooster says, "It's time to go to sleep. Cock-a-doodle-doo."

Hen says, "It's time to go to sleep. Cluck, cluck."

Goat says, "It's time to go to sleep. Meeee, meeee."

Turkey says, "It's time to go to sleep. Gobble, gobble."

Cat says, "It's time to go to sleep. Meow, meow."

Dog says, "It's time to go to sleep. Arf, arf."

Mommy/Daddy says to baby, "It's time to go to sleep.

Good night."

Song

Twinkle, Twinkle Little Star, What a Wonderful Baby You Are



Twinkle, twinkle little star,
What a wonderful baby you are.
A little face, a tiny nose,
Tiny fingers, tiny toes.
Twinkle, twinkle little star,
What a wonderful baby you are.

Song

The Alphabet Song



A, B, C, D, E, F, G

H, I, J, K, L, M, N, O, P.

Q, R, S, T, U, V.

W, X, Y, and Z.

Now we've sung our ABC's,

Mommy loves you, yes, indeed.