

Mother Goose



On The Loose Goslings



Family Guide

*by Dr. Betsy Diamant-Cohen
with contributions from
Dr. Brenda Hussey-Gardner*

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Mother Goose on the Loose® envisions a world where EVERY child EVERYWHERE has a strong foundation that will enable them to be successful in school and in life.

MGOL fervently values:

- The right of every child to become literate.
- Parents and family as a child's first and most important teachers.
- Nursery rhymes and music as tools for learning.
- Joyful experiences with books and illustrations.
- Community as the support system for families.
- Healthy development of the WHOLE CHILD, with focus on social, emotional, intellectual and physical skills.

Find out more at mgol.net!



Table of Contents

4	Introduction
5	Traffic Light
6	Song: Two Little Goslings
7	Song: Since I Love You Very Much
8	Chant: Mommy Loves You
9	Rhyme: One Little Monkey
9	Chant: Monkey See, Monkey Do
10	Chant: Rum Pum Pum
11	Song: Open Them, Shut Them
12	Using Books in New Ways: Sharing Books
13	Song: Are You Listening
14	Song: Twinkle, Twinkle Little Star
15	Song: The Alphabet Song
16	Song: Old MacDonald
17	Using Books in New Ways: Wiggle! March!
18	Public Libraries
19	My Rhyme for You
20	After Discharge



A letter to

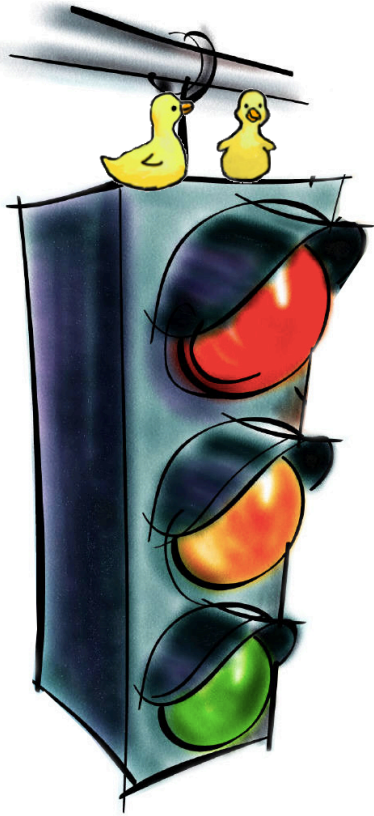
Welcome to Mother Goose on the Loose Goslings. A parent's voice is the most beautiful sound in the world to a baby. Singing softly is a special gift that you can give. Listening to music can help premature babies feel calm and feed better, lower heart rates, increase oxygen saturation, improve sleeping, and may even reduce their hospital stay. It also builds language skills, even at such a young age.

This booklet contains songs and rhymes for you to use with your baby. Many are traditional songs which I have adapted especially for you. While in the NICU, all of these songs should be sung slowly and softly to avoid overstimulating your baby. Even "Old MacDonald" should be sung as a lullaby!

We hope this book will give you many hours of music and rhymes to share with your child.

*- Dr. Betsy Diamant-Cohen
Mother Goose on the Loose*





Here are some songs and rhymes for you to share with your baby. Premature babies give signals to show how they are feeling. If your baby was born early, watch your baby's signals, to know how to best present each rhyme. If your baby was not born early but is in the NICU, watching for these signals may also be helpful to you.

Voice

On a red light day, your baby needs to focus on growing and being healthy, so it is best to keep stimulation to a minimum. Sing or talk softly without touching your baby.

Voice and Touch

On a yellow light day, your baby is ready for your voice. Sing or talk softly while sharing gentle skin-to-skin contact or a hand hug with your baby.

Voice, Touch, & Show

On a green light day, your baby is ready for you to try new things like gently shaking a rattle, using hand motions with a song, or showing a book.

No matter what color day it is, you should read your baby's signals and proceed accordingly.

For more tips on signals, refer to the booklet "Understanding My Signals" by Dr. Brenda Hussey-Gardner which should be used in conjunction with this songbook.

Voice

Voice
and
Touch

Voice,
Touch &
Show

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.



*Tip: Sleep is important
for your baby. This song
will remind you to let
your baby sleep, even if
you want to play!*

Song

Since I Love You Very Much

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

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

Since I love you, I will whisper "I love you."

Since I love you, I will whisper "I love you."

Since I love you, love you, love you, and I'm always thinking of you.

Since I love you, I will whisper "I love you."

Hold baby's hand.

Since I love you very much, I'll, hold your hand.

Since I love you very much, I'll hold your hand.

Since I love you, love you, love you, and I'm always thinking of you.

Since I love you very much, 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 your baby cuddled right inside.

Since I love you very much, I'll give a hug.

Since I love you very much, I'll give a hug.

Since I love you, love you, love you, and I'm always thinking of you.

Since I love you very much, I'll give a hug.

Make a heart with your hands and show it to your baby.

Since I love you very much, I'll make a heart.

Since I love you very much, I'll make a heart.

Since I love you, love you, love you, and I'm always thinking of you.

Since I love you very much, I'll make a heart.

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

Since I love you very much, I'll blow a kiss.

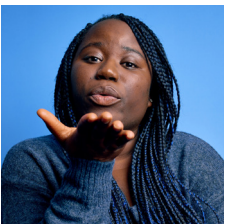
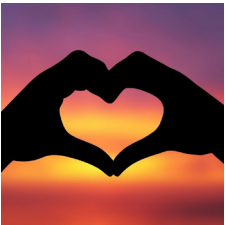
Since I love you very much, I'll blow a kiss.

Since I love you, love you, love you, and I'm always thinking of you.

Since I love you very much, I'll blow a kiss.

Traditional, adapted

I Love You



Voice

Voice
and
Touch

Voice,
Touch &
Show

Chant

Mommy Loves You

Chant this rhyme and fill in the names of different people who love your baby. Repeat the lines over and over again as many times as you want.

Voice

Voice
and
Touch

Voice,
Touch &
Show



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

Tip: Chanting is when you say something over and over in a singsong tone – not simply talking but not singing either. Chanting a phrase repeatedly helps to reduce stress.

Also, try making up your own chants. For instance, if your baby is getting to breast or bottle feed for the first time, you may want to chant: “You can do it, you can do it.”

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.

Tip: Since babies see best when items are approximately 10 inches away from them, place your hands that distance from baby's face.

Chant

Monkey Chant

Monkey see.

Monkey do.

Monkey says

"I love you!"

Tip: Try telling a story with the puppet or using the puppet to give a soft kiss on your baby's leg or arm.

Voice

Voice
and
Touch

Voice,
Touch &
Show



Voice

Voice
and
Touch

Voice,
Touch &
Show

Chant

Rum Pum Pum

Recite softly

Rum pum pum, this is my voice.
Rum pum pum, this is my voice.
My name is Mommy (or Daddy, or Sister, etc.).
Your name is Baby.
I love you.



Give a NICU hug and chant

Rum pum pum, here is a hug.
Rum pum pum, here is a hug.
My name is Mommy.
Your name is Baby.
I love you.



Try chanting this verse during skin-to-skin contact when baby hears your heart beat.

Rum pum pum, here is my heart.
Rum pum pum, here is my heart.
My name is Mommy.
Your name is Baby.
I love you.



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 Mommy.
Gently stroke baby's head with your thumb saying "Mom-my".
Your name is Baby.
I love you.



Traditional, adapted

Tip: This song has many verses. Try doing one or two at a time.

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.

Traditional, adapted



Tip: We want babies to put their fingers or hands in their mouths! Sucking on hands and fingers helps babies to comfort themselves. It also builds the muscles needed for eating and talking.

Voice

Voice and Touch

Voice, Touch & Show

Using Books in New Ways

Sharing Books Together!

Share a book with your baby every day. Sharing a book is another way of sharing love. Try these different ways of sharing books with your baby:



Tips for Red and Yellow Light Days

- Read the book aloud. Or, just read a few pages aloud.
- Look at one page and talk about what is on the page.
- Use the same book over and over — babies love repetition!
- Talk about what you see on cover as well as on the pages.
- Describe the pictures on the pages.
- Sing a song about one of the pictures.
- Make up a tune and try to sing the entire book.



Tips for Green Light Days

- Place the book wide open on top of the isolette and leave it there as you talk to your baby about the story to describe what is on the pages that baby “reads”.
- Use the tips in the red and yellow tip sections when holding your baby.
- If you’re not comfortable holding your baby and a book at the same time, use the book when your baby is in an infant seat.
- After discharge, when your baby is healthy and it is not flu season, consider taking your baby to the public library.





Voice

Voice
and
Touch

Voice,
Touch &
Show

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.
I love you. I love you.
Are you listening? Are you listening?
Baby boy. Baby boy.
Sounds are all around us. Sounds are all around us.
I love you. I love you.
Are you listening? Are you listening?
Baby girl. Baby girl.
Sounds are all around us. Sounds are all around us.
I love you. I love you.

Traditional, adapted

Tip: Try using your baby's name instead of "baby girl" or "baby boy."

Tip: Babies need their sleep to grow; try not to wake a sleeping baby. Even when rattles make a very soft sound, they should only be used on a green light day, when the baby is awake.





Voice

Voice
and
Touch

Voice,
Touch &
Show

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.

Traditional, adapted

Tip: When you sing and talk directly to babies, their brains respond in a special way. This doesn't happen when they hear voices on the TV, radio, or iPad. This also doesn't happen when you talk to someone else in person or on the phone. Babies know when you are talking to them.



Voice

Voice
and
Touch

Voice,
Touch &
Show

Song

The Alphabet Song

ABCDEF
GHIJKLM
NOPQRST
UVWXYZ

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
I love you, and you love me.

Traditional, adapted

Tip: Any song can be a lullaby, as long as you sing it slowly and softly.

Tip: While singing on a green light day, make a soft, rain-like sound by slowly moving the shaker egg for your baby to look at.

Voice

Voice
and
Touch

Voice,
Touch &
Show

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.
Old MacDonald had a farm. Ee-ai-ee-ai-oh.
And on that farm he had a cow. Ee-ai-ee-ai-oh.
With a “moo, moo” here and a “moo, moo” there.
Here a “moo,” there a “moo,” everywhere a “moo, moo.”

Old MacDonald had a farm. Ee-ai-ee-ai-oh.
Old MacDonald had a farm. Ee-ai-ee-ai-oh.
And on that farm he had a cat. Ee-ai-ee-ai-oh.
With a “meow, meow” here and a “meow, meow” there.
Here a “meow,” there a “meow,” everywhere a “meow, meow.”
Old MacDonald had a farm. Ee-ai-ee-ai-oh.

Traditional

Tip: Books can be used used in many ways. You can sing songs about the sounds animals make, talk about what the animals do, and describe the different colors that you see.



Voice

Voice and Touch

Voice, Touch & Show

Using Books in New Ways

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."

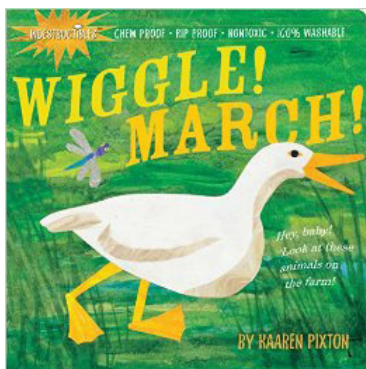
Turkey says, "It's time to go to sleep. Gobble, gobble."

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."



Tip: A bedtime routine is good for all babies, even babies in the NICU. Every night, before putting your baby to bed, do the same things in the same order. For example, you may want to feed your baby, then read a story, then sing a lullaby, and then say "good-night."

Did you know....

Public libraries are warm, welcoming places for you and your children with free services for everyone?

At the public library, your family can:

- **Enjoy** toys and activities in spaces for children to learn to love learning.
- **Share** a book with your child in a cozy chair.
- **Play** together in early learning spaces.
- **Meet**, have fun, and learn with other children, parents and caregivers at story times.
- **Join** in free programs for children of all ages, even babies.
- **Learn** on computers with special software just for kids.

While you are in the library, you can also borrow: board books, picture books, Music CDs, DVDs, interactive toys, puzzles, games, read-along books, parent resource books.

All public libraries have librarians who are ready to help you find books and resources.



If you are not sure whether your baby is healthy enough to go to the library, ask your pediatrician.



My Rhyme for You

Make a special rhyme for your baby and write it here.

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After Discharge

Pediatrician's Name:

Pediatrician's Number:

For health-related information, go to
medlineplus.gov.

For pediatric health information, go to
healthychildren.org.

For information about developmental milestones, go to
cdc.gov/ncbddd/actearly/milestones.

For access to a free developmental milestone app, go to
cdc.gov/ncbddd/actearly/milestones-app.html.

Early intervention programs provide services and supports to babies and young children with developmental delays and disabilities, and their families. For information about the early intervention program in your State, go to www.cdc.gov/ncbddd/actearly/parents/states.html.

To find out if there are Mother Goose on the Loose programs near you, go to <https://mgol.net/around-the-country>.

Mother Goose



On The Loose Goslings

Stream and download
the songs and chants at:



<https://mgol.net/home/mother-goose-on-the-loose-goslings/songs/>