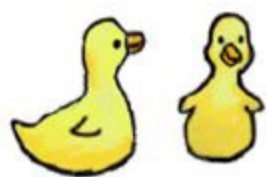


## Panels for

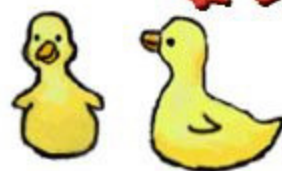
# Mother Goose



# On The Loose

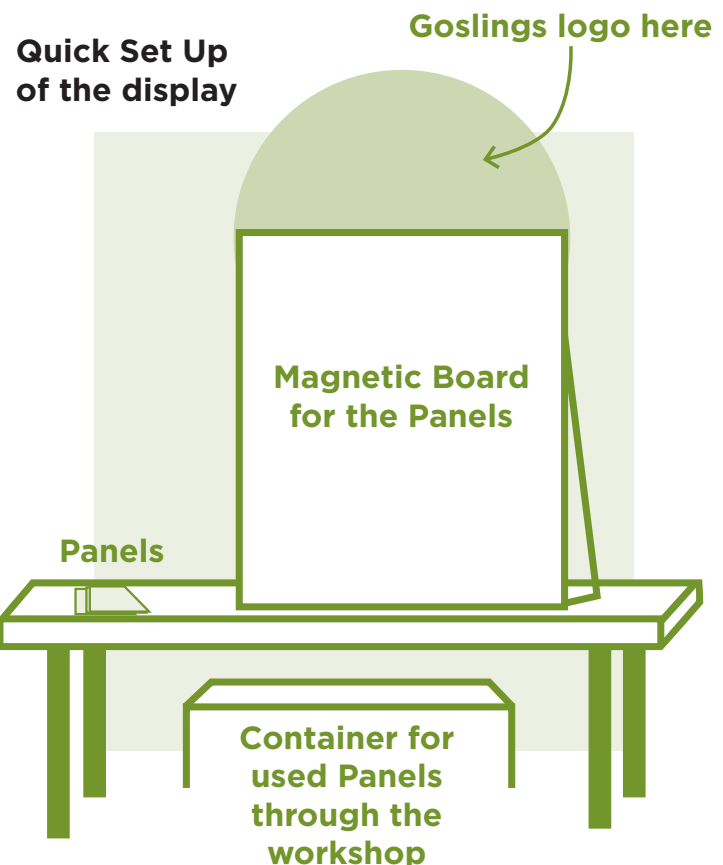


# Goslings



These panels should be printed out in color on 11 x 17 sheets of heavy paper or tagboard, and then laminated. The first page is the Goslings logo, which belongs on top of the magnetic board.

- Before laminating, cut along the outer line.
- Then laminate and trim.
- Use magnetic tape or Velcro® to attach to the top of the magnetic board.
- Remove when the program ends, and store with the rest of the panels.



# List of Panels

- i Mother Goose on the Loose Goslings Logo
- 1 Welcome
- 2 Opening Ritual
- 3 Expectations
- 5 Traffic Light
- 6 Chanting
- 7 Kits
- 8 Meet the Monkeys
- 9 Body Rhymes
- 10 More Chanting
- 11 Sharing Books
- 12 Playing Musical Instruments
- 13 More Body Rhymes
- 14 Lullaby
- 15 Animals
- 16 Public Libraries
- 17 Bedtime Routine
- 18 About the Family Guide
- 19 Questions
- 20 Closing Ritual

# Mother Goose



Or The Goose  
Goslings



WELCOME



# Welcome

**Hello, Gosling Families!  
Let's get to know each other  
& the program.**



Time to sing!

## Two Little Goslings



## OPENING RITUAL

Music can  
**comfort & heal!**

To your baby,  
your voice is the most  
beautiful sound in the world.

The NICU can be like a roller coaster ride...

### ***Understanding My Signals***

- **Happy and ready**
- **Helping myself**
- **Not happy**



### **Two Little Goslings**

Always use soft voices in NICU.



## EXPECTATIONS

**Every baby is different.  
Remember, your baby  
loves your voice.**



Let's sing!

**Since I Love You Very Much**

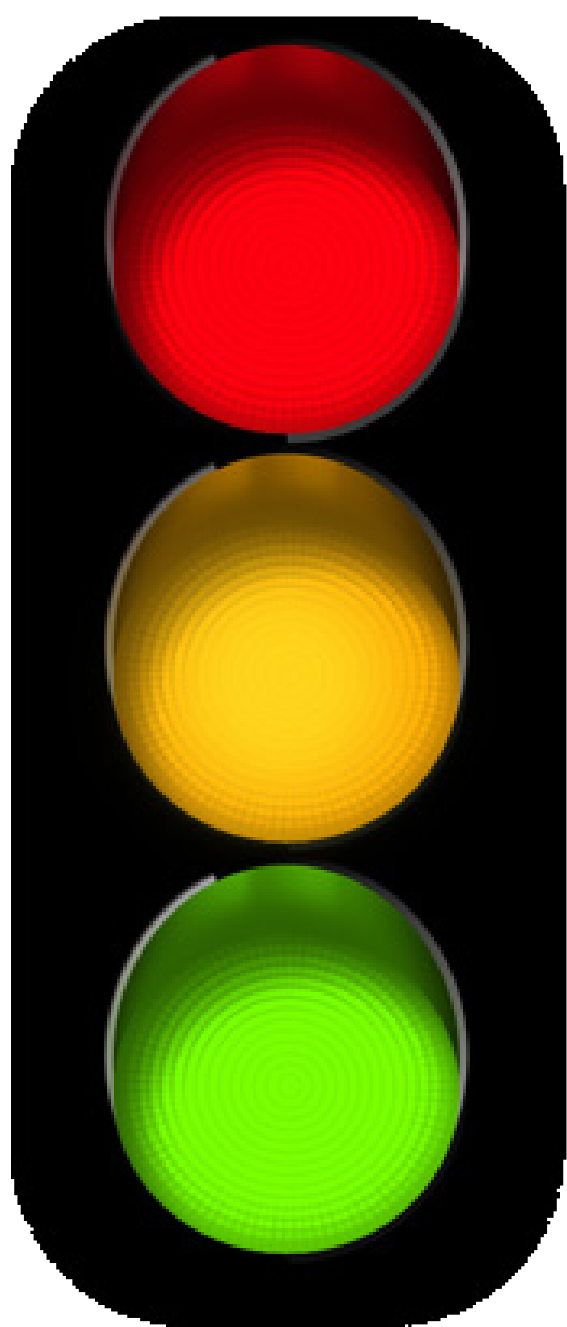
*I Love You*





## TRAFFIC LIGHT

**Every day is different.  
Pay attention to the  
traffic light signals:**



**Red means  
VOICE ONLY.**

**Yellow means  
VOICE AND  
TOUCH ONLY**

**Green means  
VOICE, TOUCH,  
AND SHOW.**

**Your nurse can help you  
identify what kind  
of day your baby is having.**



CHANTING

**Chanting has many benefits.**



**Let's chant!**

**Mommy/Daddy Loves You**

**Chant around the circle.**



## KITS

**Let's explore the kits!  
Safety and hygiene  
are important...**



## MEET THE MONKEYS

Baby's eyes develop in stages



# One Little Monkey Jumping on the Bed

Let's recite following the traffic light signals.

### Red light

softly recite,  
no monkey, no  
touch.

### Yellow light

recite with  
touch, no  
monkey.

### Green light

recite with  
monkey and  
small gestures.

.....

## Monkey Conversations!

**Red** **Yellow** **Green**



Recite monkey rhyme!

**Monkey See,  
Monkey Do.  
Monkey Says,  
I Love You!**

(Monkeys away)

BODY RHYMES

**Sucking on fingers is  
comforting to babies and  
develops muscles.**



**Let's sing!**

**Open Them, Shut Them**

**What can we do:**

**Red**

**Yellow**

**Green**

**Try humming.**



MORE CHANTING



# Rum Pum Pum



On **red** light days when it's best to have no touching...



On **yellow** light days, while baby rests in the isolette...



On **yellow** light days, during skin-to-skin...

On **green** light days...



SHARING BOOKS

# Books are fun!



They give you lots of things to talk about:  
**The cover, the colors,  
the shapes, the story.**

**Let's read one or two pages.  
Play with the book!**



PLAYING MUSICAL INSTRUMENTS

# Sounds are all around us!



**Sing along to the tune of  
Frère Jacques.  
Personalize it!**



MORE BODY RHYMES

Personalize a Classic Song



## Twinkle, Twinkle, Little Star



**Talking and singing  
with your baby builds vocabulary.  
Talking and singing  
builds your baby's brain, too!**

**\*\*Use Quietly\*\***

**Take out the shaker eggs.**

**Red light**  
no shaker.

**Yellow light**  
no shaker.

**Green light**  
gentle shaker  
or body parts.



LULLABY

**Any song  
can become a lullaby.  
Shaker Eggs and Lullabies**

**\*\*Soft Sounds Only\*\***



**Let's sing!**

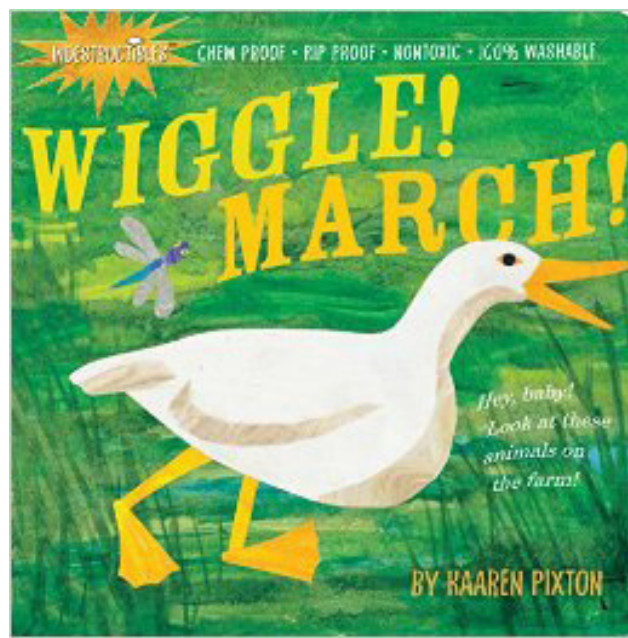
## **The Alphabet Song**

**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 Z**

**Lullabies are great for  
soothing babies.  
Sing in any language.**

**Shakers Away**

## ANIMALS



# Wiggle! March!

Let's talk about the pictures...  
Can we make up a story?



**Wiggle! March! & Old MacDonald**  
**Use the pictures as reminders.**  
Let's sing about the animals.

Remember to sing softly and slowly,  
and to watch for signals.

PUBLIC LIBRARIES

# Visit Your Library!

**Most public libraries offer free programs for babies!**

**Babies need to be healthy before attending a group program and may not be allowed to attend during flu season. Check with your baby's doctor before attending a group program.**

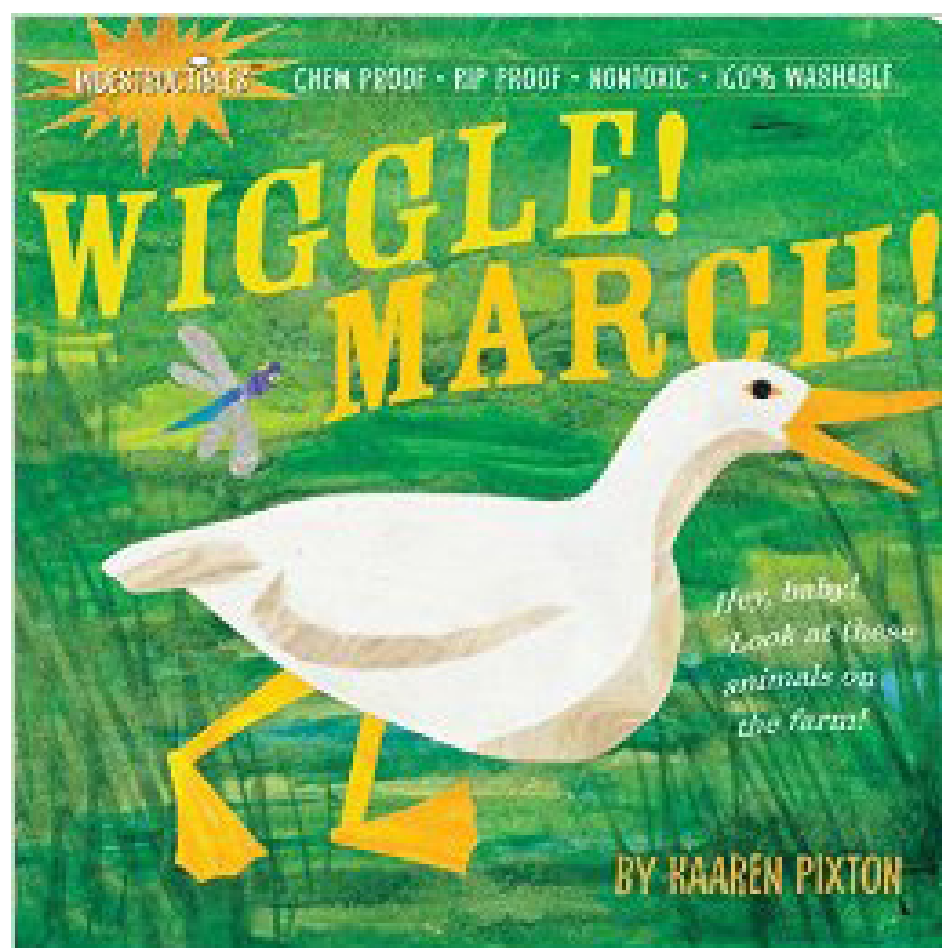


## BEDTIME ROUTINES

**Bedtime routines are calming and help your baby get ready for sleep.**

**They can involve:**

- reading a book aloud,
- singing a lullaby,
- giving baby a bath,
- feeding,
- or anything we've done in Goslings!



**Let's turn Wiggle! March!, into a bedtime story.**

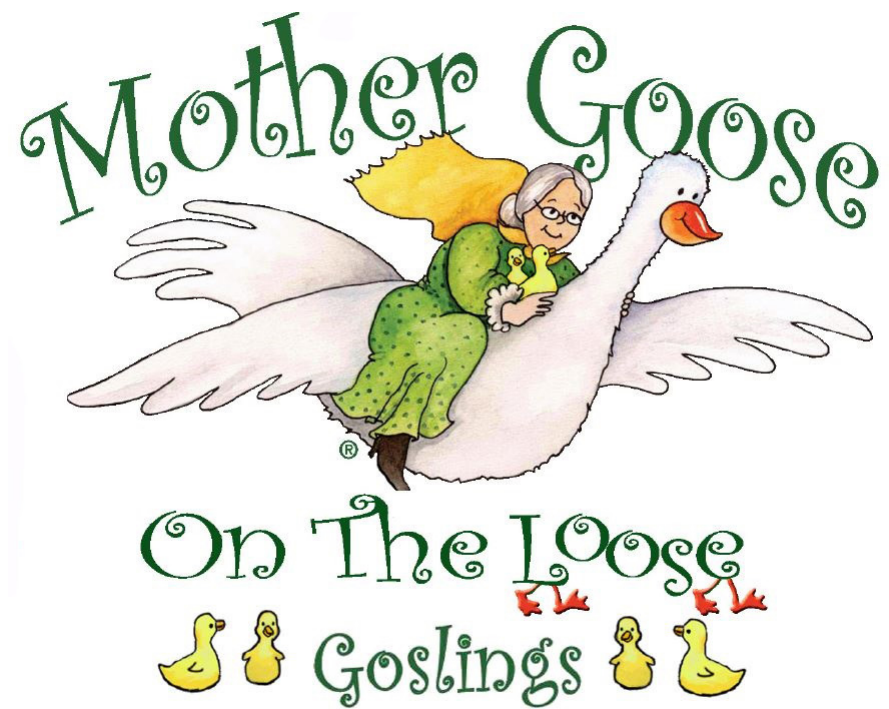
ABOUT THE FAMILY GUIDE

**Stream and download  
the songs and chants at:**



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

## QUESTIONS



### Questions?

### Recap: Traffic Light

#### Sharing Thoughts:

- What important fact did you learn?
- What would you like to try with your baby?

CLOSING RITUAL

## Closing Song



### Two Little Goslings

**Thank you for joining us!**

**Distribute kits.**

