

# Session 2

STARTING YOUR SESSION

Has everyone completed the consent form?

Please find a seat in the circle and we will begin.  
For anyone who did not want to be photographed today,  
I'll ask you to sit on the same side to avoid the camera.

Room open for 15 minutes after class to chat and socialize.

*Display panel 1.*

## 1. WELCOME

Hello, everyone! Hello babies, parents,  
special grown-ups, and visitors.

Welcome to our *Mother Goose on the Loose:  
Hatchlings – In the Nest* class series, Session 2.

Thank you for being here. Wonderful to see our  
returning families!

My name is Emily Trovato, Children's Instructor and  
Research Specialist at the ELK Branch of HCLS.

-Mom of 2 babies who have grown, grown, now pre-teens!

-Delighted to be here with you & see familiar faces and new!

*Mother Goose on the Loose Hatchlings: In The Nest* was  
created especially for you, the special people taking care of  
newborns. Today, we will be singing, rhyming, sharing  
books, and playing because doing these things from the  
very beginning benefits your child's overall development.

Babies are constantly learning. Parents are their first and  
very important teachers. So this class is for you as well as  
your baby. I hope you'll join in with all the singing and  
rhyming and everything else.

Learning together as a family is powerful and rewarding.  
So welcome!



## HOUSEKEEPING

Since this class is new, to make it its best, we have asked for your feedback with a survey at the end of class. Thank you for helping us in this way.

As another thank you, we have gifts for you to take home today. There is a new gift each week for all 4 weeks.

-Last week: Tote bag, Board book, Early literacy activity calendar, resources from the library, info from our class.

1. Songbook with lyrics to all our songs/rhymes
2. A page with all the panels from class. 1

-This week: Shaker, panels from class 2

You can relax and enjoy being here with your baby, and use these later to remind you of everything we did.

On your seat, we have the kits we'll use during class today. We can put them aside for now.

## REASSURANCES

Finally, I want to reassure you about some thing you may be wondering how this class full of newborns will work.

- **1. Babies make noise. That's ok.** Wiggle, coo, cry, fall asleep - being unpredictable is what babies do. Noises are fine. Now, if baby needs to just let loose and wail loudly, go ahead and take them out of the room to settle. Can be easier for babies to calm away from people/noises. Try the patio. Then, please come back when baby's calmed, we want you both here.
- **2. Babies fall asleep a lot. That's ok, too!** Babies need sleep for their health and growth. Please go ahead and let them stay asleep. I have stuffed animals you can use to continue the activities. That way, you'll learn them here and can share with baby later at home.
- **3. Babies have other needs, too.** Anytime you need to get up to walk/rock them is absolutely fine. Feel free to feed/nurse however you are comfortable. For diapers, there's the bathroom with a changing station.



- **4. Babies participate differently than grown-ups.** It's ok they won't clap or sing along until they grow a bit more. They are moving or putting things in their mouth and watching you, which they love and learn from.
- **5. It's ok for you to have fun today, too!** In fact, I know I will and really hope you will, too. Babies learn by imitating people they love. Your enthusiasm for anything - a song, a book, a pretty leaf outside later - teaches baby there is a world of things to be interested in and encourages them to explore and learn.

Now let's learn a bit about you all with us here today.

## INTRODUCTIONS

Let's go around the circle 1-by-1. Please tell us your name, your baby's name, and briefly why you're joining us today.

Maybe you'd like to learn new songs, or meet new people, or find new ways to help baby settle when they're fussy.

For example, I'm Emily, this is my pretend baby, Panda, and I'm here to hear from you and share fun activities for connecting with your baby and learning together.

**THANK YOU, all.** Since I'm so happy to see you all, let's make our first song be "If You're Happy and You Know It."

## 2. EARLY LITERACY BUILDING

Show Panel 2.

Lay baby on your lap facing up at you, or stretch out your legs to lay them on your legs.

Look right at baby and smile as you sing.

Clap your hands gently and slowly so baby can watch.



## 2. EARLY LITERACY BUILDING



If you're happy and you know it, clap your hands.  
If you're happy and you know it, clap your hands  
If you're happy and you know it and  
you really want to show it,  
if you're happy and you know it, clap your hands.

Now let's change the words to "Since I love you very much I'll give a kiss." (sing another verse)



Since I love you very much I'll give a kiss.  
Since I love you very much I'll give 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 give a kiss.

Let's do that again. (repeat)

Did anyone here attend our Hatchlings: Ready to Hatch class for during pregnancy? It's a great intro to how babies learn from the world around them.

Scientists observe that babies hear words while they are still in the womb. They remember some of what they heard after they are born. They are listening now, too!

Your voice is their favorite sound. BUT, listening isn't the only thing they can do! They speak. Back and forth convos with you are the best way to build vocab and learn language.

Research: Cell phones can interrupt learning!

We'll give you lots of songs, rhymes, games, and tips for using books with your children from their earliest years to start conversations and help build their language skills.

During the rest of the program, I'll say each rhyme twice. The first time - listen; the second time - recite the rhyme along with me. If you already know the rhyme, feel free to say it both times.

Let's recite our first rhyme called "Old Mother Goose."

If your baby supports their own neck, you can do a lift at the end of this rhyme, or instead support their neck.

Old Mother Goose when she wanted to wander  
(bounce knees)  
Would fly through the air on her very fine gander.  
(pick up stuffed animal and lift it forward) (repeat)

## 3. SHARING BOOKS

Show panel 3.

Time for a book! Last week, we used this book, *Hello, My World*. Newborns prefer high contrast until color vision develops ~ 5 months, focuses/strengthens eyes.

Let's take them out of our kits.

Also talked about importance of Tummy Time. Did anyone use a board book or have Tummy Time last week? What happened?

Tummy Time should always be supervised by an adult. Best at happy times. Just a few minutes and build up. If baby falls asleep, pediatric organizations say to turn them over because the safest way to sleep is on their backs.

Share books with baby by talking, singing, playing, or asking questions. WHEN BABY RESPONDS, REPEAT & ADD ON !!

Talk about pics. Sing about pics:

If you're sleepy and you know it, give a yawn.  
If you're sleepy and you know it, give a yawn.  
If you're sleepy and you know it and  
you really want to show it,  
If you're sleepy and you know it, give a yawn.

Let's spend a few minutes sharing this book with baby. (2 min)



## 4. SMILES & BODIES

Show panel 4.

Turn the page to baby smiling. Babies get great delight when they look at your face, especially if you are looking at them and smiling.

Let's sing a song about all this smiling. "I've Got Something in My Pocket:"

### Smiling at your baby is very important.



**I've Got Something in My Pocket.**  
I've got something in my pocket,  
it belongs across my face.  
I keep it very close at hand,  
in a most convenient place.  
I'm sure you couldn't guess it  
if you guessed a long, long while.  
So I'll take it out and put it on,  
it's a Great Big Loving Smile!

Books Away

Try to match the words in the songs with visual cues. Try singing about sizes and showing them at the same time, or naming body parts and movements.



**This is Big, Big, Big & We Clap Our Hands Together**

**Let's play Peek-a-boo. Peek-a-boo is a fun way to distract your baby.**



I've got something in my pocket,  
it belongs across my face.

I keep it very close at hand, in a most convenient place.

I'm sure you couldn't guess it  
if you guessed a long, long while.

So I'll take it out and put it on,

it's a Great Big Loving Smile! (repeat)

Let's put our books back in the bag with a clean up song:



Books away, books away, put your books away today.

Books away, books away, put your books away today.

Let's have babies lying on laps or the floor looking up at you.

Naming & showing their movements builds vocab.



This is big, big, big, (hands go wide)

This is small, small, small (hands close together)

This is short, short, short (hands close to floor)

This is tall, tall, tall (hands go up)

This is fast, fast, fast (roll hands quickly)

This is slow, slow, slow (roll hands slowly)

This is yes, yes, yes (nod)

This is no, no, no (shake head gently)

(repeat)

Even tho not able to do the motions, learn meaning of words.  
Let's name parts of the body too while we move them.

We clap our hands together, we clap our hands together,  
We clap our hands together, Because it's fun to do.

We wave our arms together...

We wiggle our fingers together...

We tap our knees together...

We all wave "hello" ....

Sing these songs as much as you like. Repeat! Children learn more each time they hear a song, word, story.

Let's play Peek-a-boo. Engaging. Get through a diaper change.

Peek-a-boo, I see you, (cover eyes with hands, reveal)

I see you hiding there.

Peek-a-boo, I see you,

I see you smiling there. PEEK-A-BOO! (repeat)

## 5. MOVEMENT

Show panel 5.

### Rocking comforts, but dancing rocks!

Movement fires up the brain and helps baby learn new words to describe motion. Each rhyme is followed by a fun fact about that motion.



**This is Bill Hernandez**  
**Rhyme: Bum Pum Pum, This is My Grand!**

Listen for the sounds in your name as you tap out your name in syllables.

**Rhyme: And We Walk...**

Freeze games with a baby should only involve gentle movements.

You can add more movements as your baby gets older.

**Rocky Poby**

"I love you without a doubt"

**Handy Spandy**

And we walk!

Bounce!

Dance!

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## 5. MOVEMENT

Here's a rhyme that gets baby's body moving. Movement fires up the brain and helps learning.

Sit on the floor, if possible, with legs stretched out. Lay baby on your legs facing you. Hold one of baby's legs in each hand.

This is Bill Hernandez (lift baby's L leg, gently bounce it)  
And this is Juan Trim. (lift baby's R leg, gently bounce it)  
And Bill asked Juan (shake L leg) (shake R leg)  
To play with him. (shake both legs)  
Bill over Juan, (cross L leg over R slowly)  
Juan over Bill, (cross R leg over L slowly)  
Bill over Juan, (cross L leg over R a little faster)  
Juan over Bill, (cross R leg over L a little faster)  
Bill over Juan, (cross L leg over R faster)  
Juan over Bill, (cross R leg over L faster)  
Over and over as they rolled down the hill! (continue reciting and increasing tempo until it becomes a mush of motions)  
(repeat)

Hearing rhythm can really get us moving. Each word has it's own rhythm made up of sounds. (Tap drum for each syllable)

Rum, pum, pum. This is my drum.  
Rum, pum, pum. This is my drum.  
My name is Emily. What's your name?

Each small group of sounds in the word is a syllable. My name has three syllables - Em-i-ly.

Around the circle, I'd like each baby to feel their name on the drum tapped in syllables. Parents, please take baby's hand and help them tap the syllables for their name. Jo (tap). Alli (tap tap)

Tapping the syllables makes baby aware of the different sounds in words - an essential skill for learning how to read.

Rum, pum, pum. This is my drum. (tap each syllable)  
What's your name? (pause for answer)  
Hello \_\_\_\_\_.! (repeat for each baby)

Everyone, let's stand up!

The partner idea for moving is stopping. Playing freeze games is a great way to introduce the word STOP in a friendly way and give baby a sensation of stopping to match with hearing the word. They learn what STOP means and how to respond.

Let's hold our babies and walk around the circle in this direction to play. Remember to keep movements gentle.

And we walk, and we walk, and we walk, and we stop.  
And we walk, and we walk, and we walk, and we stop.  
And we walk, and we walk, and we walk, and we stop.  
And we all turn around — WOOOOOOOOOO!

And we sway, and we sway, and we sway, and we stop.  
And we sway, and we sway, and we sway, and we stop.  
And we sway, and we sway, and we sway, and we stop.  
And we all turn around — WOOOOOOOOOO!

When you play this freeze game at home, what are other gentle movements you could use? (hug, rock, lean)

While we're up, let's do the Hokey Pokey.  
You put your hand in, you take your hand out.  
You put your hand in, and you shake it all about.  
You do the Hokey Pokey and you turn yourself around.  
I love you without a doubt, HUG!

This next rhyme tells children it's time to move from standing to sitting. Helpful for transitions. Making it a game can help them want to sit even faster than just asking them to do it!

Let's act out what the rhyme says:

Handy Spandy, naptime is dandy, we all walk in.  
Handy Spandy, naptime is dandy, we all walk out.  
Handy Spandy, naptime is dandy, we all turn around.  
Handy Spandy, naptime is dandy, we all sit down.

## 6. ANIMAL SOUNDS

### Babies love listening to and making animal sounds.

Making animal sounds helps children hear the small sounds in words. This helps with learning how to read.

**I Went To Visit the Farm One Day**  
When the Cows Get Up in the Morning

**Wiggle! March!**  
Wordless books are great to use with babies. You can make up your own stories or songs.

**Little Frog On a Log**

You can find all the songs we've sung today in the song booklet, which you'll receive at the end of the session.

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Show panel 6.

Another way to help children notice all the small sounds in words to prepare for learning to read is by making animal sounds.

Let's take out the other book in your kit bag - *Wiggle! March!* Feel it. It's what's called an Indestructible book. Made of 100% non-toxic special Tyvec similar to what's used in home construction, so it's really durable. Scrunching, drooling, chewing are no match. You'll take home at our 3rd session.

Let's use it to sing a song of animal sounds together. Open book to horse for the first verse. Show it to your baby and join in when you pick up the pattern:

I went to visit the farm one day.  
I saw a horse across the way.  
And what do you think the horse did say?  
"Neigh, neigh, neigh."



Now let's go to the cow picture on the next page.

I went to visit the farm one day.  
I saw a cow across the way.  
And what do you think the cow did say?  
"Moo, moo, moo."

Now the sheep picture.

I went to visit the farm one day.  
I saw a sheep across the way.  
And what do you think the sheep did say?  
"Baa, baa, baa."

Books away, books away, put your books away today.  
Books away, books away, put your books away today.

Take out the SONGBOOK with the words to everything we sing and more. Make sure you have one for at home. We hope you will continue singing the songs at home with your babies.

Here's another animal sound. Please take out the frog finger puppet and put it on one of your fingers. (demonstrate)  
Bend your other arm as a log.



Little frog, on a log,  
Sings his song, all day long.  
Ribbit, Ribbit, Ribbit, (kisses to baby with each ribbit)  
Ribbit, Ribbit, Ribbit  
(repeat)

At our 4th session, the frog puppet is your gift. Let's put these frogs away with the clean-up song:

Frogs away, frogs away, put your frogs away today.  
Frogs away, frogs away, put your frogs away today.

## 7. MAKE MUSIC

Show panel 7.

Let's take the shakers out of the kit now - one for you, one for baby.

At this age, baby can maybe hold it or put in mouth. These are disinfected so ok to do so, babies explore however they can. Mouths are part of it when safe.

Soon they'll learn to shake to the beat. Let's try it. So as not to startle baby, best to shake gently.

We'll all shake our shakers, we'll all shake our shakers,  
We'll all shake our shakers because it's fun to do.  
Shake them up high. (shake high in high voice)  
Shake them down low. (shake low in low voice)  
And shake them in the middle. (shake in front, normal voice)  
(repeat)

Traditional Mother Goose rhymes have lasted and are good for learning because of catchy rhythm on a steady beat. Fun to update those words. For example, Who here has tasted Pease Porridge Hot? Let's keep the beat and change the words - to pizza!

### Changing the words to songs and rhymes keeps them fun.

**Rhyme: Pizza Pizza Hot**  
Sing: Who's on the Beat  
Name the place you are visiting!

Pizza, pizza hot.  
Pizza pizza cold,  
Pizza, pizza in the box, nine days old.  
Some like it hot.  
Some like it cold.  
Some like it in the box,  
nine days old. ICK!

Shakers away, shakers away, put your shakers away today. (Repeat)

Singing clean up songs makes cleaning up fun!

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Let's shake the beat as we say the rhyme (start beat first):

Pizza, pizza hot. Pizza, pizza cold.  
Pizza, pizza in the box, nine days old.  
Some like it hot. Some like it cold.  
Some like it in the box, nine days old. (Yummy?) (repeat)



The wheels on the bus go 'round and 'round  
(move shakers in a circle)  
Round and 'round, 'round and 'round.  
The wheels on the bus goes 'round and 'round  
On our way to the library. (repeat)

Substitute destination words to jazz up car rides.

Make putting away shakers a fun game with a clean-up song:

*Shakers away, shakers away, put your shakers away today.*  
*Shakers away, shakers away, put your shakers away today.*



## 8. LULLABIES

Show panel 8.

### Singing lullabies calms and relaxes babies.

Rocking motions and hearing your heartbeat calms them down.

**Baby, Baby**  
to the tune of "Twinkle, Twinkle"

Baby, baby you're my star.  
I love you just as you are.  
You're the apple of my eye,  
You will grow to be so high.  
Baby, baby, you're my star.  
I love you just as you are.



You can also use "Daddy" and then substitute your baby's name.

All that excitement today, time for some calm. Let's sing a lullaby. They help babies and parents relax.

Hold babies close where they can hear your heartbeat. Rock gently side to side to relax and calm baby. Singing a soft lullaby with your beloved voice is icing on the cake.

We'll do "Twinkle, Twinkle, Little Star" with new words. Feel free to use baby's name in place of the word "baby":

Baby, baby, you're my star.  
I love you just as you are.  
You're the apple of my eye,  
You will grow to be so high.  
Baby, baby, you're my star.  
I love you just as you are.  
(repeat)

## 9. LIBRARY INFO

Show panel 9.

We're so glad you came to this class at our library. I hope you'll be back next week. And come anytime to visit me and colleagues who will love to see you, too.

We're here to help you find whatever you are looking for. You can always feel comfortable asking us questions. We have books and online resources.

Anyone can get a library card and borrow books, toys, music, DVDs, streaming services, all for free. Check out this display for items to borrow today! Booklist for new families in your gift bundle today.

There are so many classes for babies, children, teens, adults - a great way to find new ways to play with baby and to meet other parents.

No need to worry about babies making noise, libraries are no longer SHUSH ZONES. We have play areas and classes full of music and love seeing families playing here together. There is a calendar of classes in your gift bundle today

### Libraries are places for finding answers to your questions.

Librarians help people find what they are looking for. Here are some things you can find at the library:



### Libraries welcome parents and babies.

Meet other families with babies at the library. Meet future friends during library programs.

Free library cards for borrowing many things!

## 10. LIBRARY SONG

Show panel 10.



## 11. CLOSING RITUAL

Show panel 11.

Let's go around the circle and ask whoever is comfortable sharing which songs or activities your baby really responds to or which you plan to repeat at home?

(pause while group members share)

I'm going to close class with a celebration of 4 important things we did today, that you can do any and every day to help your baby learn.

Talking. Singing. Sharing books. Playing.

Talk, sing, share books and play.

Talk, sing, share books and play.

Talk, sing, share books and play.

Talk, sing, share books and play -- Today! (repeat)

We did so much together today.

With a new baby, you already do a lot every day! Still, you all made the effort to come here to learn more about your babies and new ways to talk, sing, share books, and play with them.

These babies are really lucky to have you as their parents!

We will be offering two more sessions at the same time in this location every week for the next 2 weeks. I hope you'll return!

### The more words your baby learns, the better!

There are four things you can do to build your baby's brain:  
Talk, sing, share books, and play!



Talk, Sing, Share Books, and Play

#### QUESTION

What songs do you or your baby like most?



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## 12. QUESTIONS?

Show panel 12.

Does anyone have any questions? (discuss)

Everything we've played with today is going to be sanitized. I'll collect the kits now.

#### Questions?



Don't leave behind...  
Please return the kits & fill out any surveys.



Don't leave without...  
Take a kit, a sanitizer, and a sanitizing wipe.

Let's take a group photo!  
Make sure your nametag shows.

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When you fill out the survey and return it before you leave, you will get a shaker we used today and a new Headlines.

If you and your partner were not here last week, please see me for the rest of this gift bundle with a tote bag for all the gifts you'll get from us each week.

I hope after these 4 Hatchlings classes have finished, you will use all of the items we've given you at home with your baby AND you'll join us again for more library classes.

Now I'd like to ask if we can take a quick GROUP PHOTO to help document and develop our program.

TAKE PHOTO!

## 13. THANK YOU!

Show panel 13.

Thank you so much again for coming today! It's truly been my pleasure and I look forward to seeing you next week!

Feel free to stay and chat another 15 minutes or so. I'll be here too if you have other questions for me.

But FIRST! Please come to the front to get a survey, and don't forget your gifts when you return the survey!

COMPLETE SURVEYS!

HAND OUT GIFT BUNDLES!

