

# Session 3

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 3.

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 all 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 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 if you haven't done in a previous session. 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, Shaker, Early literacy activity calendar, resources from 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: Indestructible book, panels from class 3

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 nice smell of food 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/age, 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.** Let's all get comfy with babies lying on laps for our first rhyme.

## 2. EARLY LITERACY BUILDING

Show Panel 2.

Today, I'll do each rhyme/song twice. 1st time listen, 2nd time join or do both times if already know it. Our first rhyme is 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.

**Smile, talk, sing, share books and play with your baby.**

Early speech and language skills are associated with success in developing reading, writing, and social skills, in childhood and later in life.

**Talk, Sing, Share Books & Play.**  
Can You Clap With Two Hands?

"Mirrors" the faces your baby makes, clap when your baby claps.

**BUYSIDE**  
Old Mother Goose when she wanted to wander, would fly through the air on a very fine gander.



## 2. EARLY LITERACY BUILDING



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)

All through this first year, you can do a lot to encourage baby's communication skills.

It's easy: all you need to do is talk, sing, share books and play with baby. You don't need lot of money or a special degree. **Connecting with your baby with a smile and some conversation is most valuable of all.** Benefits are lifelong.

Here's a song about how you can spend fun time together that also happens to build baby's early literacy skills.



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)

Even when they only use baby talk, back-and-forth convos are a fantastic way to teach baby the give-and-take of communication and vocab. They know you're listening and love it! Repeat their sounds, WAIT & listen, repeat again and add on.

Smiling and mirroring expressions reinforces communication. If baby sticks out tongue, stick out your tongue! Gestures communicate too! Here's a song about gestures baby might make that you can mirror back:



Can you clap with two hands, two hands, two hands?  
Can you clap with two hands? Clap, clap, clap, clap, clap.  
(repeat, continue with more verses: wave with two arms, kick with two feet, roll from side to side)

When you sing and talk directly to baby, their brains respond in special way THAT DOESN'T HAPPEN with voices on TV, radio, tablets, overheard convos. Babies know when you are talking to them, and they want to talk with you!

## 3. SHARING BOOKS

Show panel 3.

Time for a book! Last week, we used this book, *Hello, My World*. Let's take them out of our kits.

Newborns prefer high contrast until color vision develops ~ 5 months, focuses/strengthens eyes. And they love pictures of familiar things like faces, pets, toys, nature...

There are so many ways to share any book with baby.

Share books by talking, singing, counting, or asking questions. **WHEN BABY RESPONDS, REPEAT & ADD ON !!** When baby makes a sound, they're telling you something. May not have much or any verbalizing for first 4 months, that's fine.

Talk about pics. Sing about pics:

Random melody: Little bird has one wing, two wings, fly, sky!

Or use a melody you know with new words. Turn to page with baby and bubbles. (tune: "If You're Happy and You Know It")

**There are bubbles in the air, in the air.**  
**There are bubbles in the air, in the air.**  
**There are bubbles in the air, They go floating everywhere.**  
**There are bubbles in the air, in the air.**  
(repeat)

Babies LOVE bubbles! They also enjoy chanting - saying a line over and over in a sing-song tone of voice.

For instance, trying to catch bubbles, give some encouragement:

**You can do it, you can do it, you can do it, you can do it!**  
(repeat)

Can use this when baby is trying something for the first time and it's not easy. Amazing how much words of support help!



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.

## 4. SMILES & BODIES

**Name the parts of your baby's face and talk about the faces they're making.**



**Who's That Tapping on my Shoulder & Two Little Eyes to Look Around!**

Two little eyes to look around,  
Two little ears to hear a sound.  
One little nose to smell  
what's sweet...  
(take a deep smell)  
And one little mouth that likes to eat!  
(mmmmmmmm)  
Use words to describe how you think  
your baby is feeling.



**This is Big, Big, Big**

Children love repetition.

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Show panel 4.

We mentioned last class that babies enjoy watching their bodies move. Here's a classic song that names body parts.

Point to parts as we sing:

Head, shoulders, knees and toes, knees and toes.  
Head, shoulders, knees and toes, knees and toes.  
Eyes and ears and mouth and nose.  
Head, shoulders, knees and toes, knees and toes.  
(repeat)

Here's a rhyme that teaches parts of the body and names what they do:

Two little eyes to look around. (look side to side)  
Two little ears to hear a sound. (tug ear)  
One little nose to smell what's sweet. (deep breath in)  
And one little mouth that likes to eat! Yum yum!

Naming & showing their movements builds vocab too.

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)

Repeat these songs/rhymes! Children enjoy repetition and learn more each time they hear it.

## 5. REPETITION

Show panel 5.

One reason why repeating is great, is that baby starts to learn what comes next, and then predicts it. They look forward to it happening and get the satisfaction and harmony of it going the way they expected.

It's the same skill they'll use later for understanding what comes next in the routine of a day, or for predicting what might happen in a story.

Let's repeat a favorite rhyme from last class:

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)

Movement fires up the brain and helps learning. Watch baby's face and talk about their reactions.

**Repeating songs, rhymes, and stories helps your baby learn**

Watch your babies' faces and talk about their reactions to different activities.



Feel free to substitute your baby's name or names of people in your baby's life.

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## 6. MOVEMENT

### 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.



Show panel 6.

Just as important as learning about moving, is learning about stopping.

Playing freeze games introduce the word STOP in a fun way and give baby the feel of stopping to match with hearing the word. They learn what STOP means and how to respond.

Everyone, let's stand up for a freeze game. Hold 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 glide, and we glide, and we glide, and we stop.  
And we glide, and we glide, and we glide, and we stop.  
And we glide, and we glide, and we glide, and we stop.  
And we all turn around — WOOOOOOOOOO!

Here's another song to describe our motions as we do them to build vocabulary while having fun.  
(tune: "Here We Go Looby-Loo")

Here we go in, in, in  
Here we go out, out, out  
Here we go in, in, in  
And we turn ourselves about.  
Here we go up, up, up  
Here we go down, down, down  
Here we go up, up, up  
With the sweetest baby in town (end with a kiss or snuggle)  
(repeat)

Holding and walking baby while singing is also just soothing. When baby is restless, try walking and singing the new version of "Twinkle, Twinkle" we sang last class.

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)

Now our transition song to get back to our seats.

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.

## 7. ANIMALS

Show panel 7.

Let's take the Indestructible book out of our kits. Very durable, will take one home today!

Animals also move many fun ways you can act out together, e.g. this book is called *Wiggle! March!*

Today, we'll use it to sing our song about animal sounds, which are also very fun and help baby learn to notice all the different sounds that make up words, great reading/writing preparation.

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."

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."

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

### Talk to your baby about the things that you see.

I Went To Visit the Farm One Day

Wiggle! March!  
Wiggle! March! is your gift today.



I Went to Visit the Store One Day

Talk and sing about daily life:  
I saw a carrot along the way.  
What color was the carrot that day?  
Orange, orange, orange?

No matter what your voice sounds like, your baby loves listening to you talk and sing.  
What else can we sing about?

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## 8. PUPPETS

Show panel 8.

**Sing and talk about the things your baby sees.**



Let's take out the frog finger puppets now.

Puppets are a great way to mix up play time. First, let's do another song to learn body parts.

I dropped my frog, pick it up, pick it up.  
I dropped my frog, pick it up, pick it up,  
I dropped my frog, pick it up, pick it up,  
And put it on my stomach.

(repeat, continue on another body part like head)

With puppets, you can use different voices and movements to play with baby. See what they respond to. Just talk about what baby sees/interested in - it helps them learn new words.



Let's take a minute to try it out with baby. (pause for 1 min)

At our 4th session, the frog puppet is your gift. Clean up song:

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



## 9. EXPLORE WITH SHAKERS

Show panel 9.

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. Just to be safe, remember anything that fits in a toilet paper tube is a choking hazard.

Exploring is very important. An instrument like a shaker gives a lot to explore. See how it moves, hear its sounds, feel the texture and movement.

**Babies are scientists!**

Playing with musical instruments sparks curiosity and encourages scientific exploration.

**Song: We'll All Shake Our Shakers**  
**Song: Who's That Tapping at My Window?**  
**Rhyme: Pizza Pizza Hot**  
**Song: I've Got Something in my Pocket**



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Playing with music sparks curiosity and encourages learning. Babies are little scientists because they are always testing and trying things and learning. Let's see what shakers can do.

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)

Now let's shake to the beat of a happy song. Take out the SONGBOOK with the words to everything we sing and more. Make sure you have one for at home. I hope you will continue singing the songs at home with your babies. Page #\_\_\_

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)

Talking about baby's smile and other expressions on their face starts to put words to emotions. Mirror and talk about expressions with short, repeating sentences:

Your eyes are scrunched. Your face looks sad. So sad! Why are you sad? You were happy a minute ago. Why are you sad now? Are you hungry? Do you want to eat?

This helps baby learn to "read" emotions. Long before they can use words, they can understand a look on your face and hear what that emotion is called. Later, having the words to express their emotions helps them relate better with other people and get what they need.

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



## 10. LULLABIES

### Parents need rest time, too.

The soft slow pace of lullabies helps you and your baby relax.



Too Ra Loo Ra Loo Ra

Too Ra Loo Ra Loo Ra, Too Ra Loo Ra Lie,  
You're my little hatchling,  
so here's a lullaby.  
Too Ra Loo Ra Loo Ra, Too Ra Loo Ra Lie,  
Let's both relax together,  
resting - you and I.



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Show panel 10.

All that fun today, time for some calm.

Having a baby can be so happy, but also exhausting. You need time to rest just like baby does. Maybe you can nap when they nap here and there.

Other times, a lullaby can create a restful moment. They help babies and parents relax.

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

This is an Irish lullaby with a slow pace and soft melody.

Too Ra Loo Ra Loo Ra, Too Ra Loo Ra Lie,  
You're my little hatchling, so here's a lullaby.  
Too Ra Loo Ra Loo Ra, Too Ra Loo Ra Lie,  
Let's both relax together, resting - you and I. (repeat)



## 11. LIBRARY INFO

Visit the library

### The place for you and the place for me is the local public library!

Oh, the place for you and the place for me is the local public library. They have books and things that they lend for free. It's the latest, it's the greatest, it's the library.

Educational, informational, entertainment that's sensational. It's a way of life, it's for you and me. It's the latest, it's the greatest, it's the library. (Dum ba da da da dum, dum dum)



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Show panel 11.

Next week is our last session and I'd love to see you there! But no need to wait until then, come anytime to visit the library with baby.

Who knows how much a library card costs? Yep, it's free. Anyone in MD can get a library card here and borrow books, toys, more all for free. Check out this display for items to borrow today! Booklist for new families in your gift bundle today.

You don't even need a library card to come here and play in the children's area, join other classes, read books, use computers, meet other families. There is a calendar of classes in your gift bundle today

## 12. CLOSING RITUAL

Show panel 12.

Let's go around the circle and ask whoever is comfortable sharing one idea or song or rhyme that you plan to use again at home. (pause while group members share)

Studies show that the number of vocab words children know & use when entering kindergarten affects their entire education and career. The more words the better! We've practiced 4 ways to build baby's vocabulary today and every day:

Talking, singing, sharing books, and playing - from the very first moments you have together.

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. Thank you! We have one more session at the same time and place next week. I hope you'll return!

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

Talk, sing, share books, and play with your child.

QUESTIONS

What is something new you heard? Which song or rhyme will you do at home with your baby?



Talk, Sing, Share Books, and Play

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## 13. QUESTIONS?

Show panel 13.

Does anyone have any questions? (discuss)

\*\*OPPORTUNITY FOR GUEST PRESENTER\*\*

### Questions?



Don't leave before...

Please return the kits & fill out exit surveys.

Don't leave without...

Take a book, a bag, a calendar, and a Hatchlings song book.



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

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## 14. THANK YOU!

Show panel 14.

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.

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

When you fill out the survey and bring it to me before you leave, pick up the book we used today and a new Headlines, & rest of gift bundle if haven't already. If no survey, just come pick up your gifts before you go!

Before we all pack up, I'd like to ask if we can take a quick GROUP PHOTO to help document and develop our program.

TAKE PHOTO!

COMPLETE SURVEYS!

HAND OUT GIFT BUNDLES!

