

Mother Goose  
On The Loose  
Hatchlings



IN THE NEST  
**Song  
Booklet**

**All the songs from sessions 1-4**

**By Dr. Betsy Diamant-Cohen**

# Welcome new parents and thank you for joining us!

Science tells us that talking, singing, sharing books, and playing with your new babies helps to build their brains. Doing these practices daily with your babies has an amazing, positive effect on their development.

To your baby, your voice is the most beautiful sound in the world. Whether you sing on-key or not, your baby loves listening to you. To encourage you to talk, sing, share books, and play with your babies, *Mother Goose on the Loose Hatchlings* shares information about child development along with specially chosen songs and rhymes. This song booklet has the lyrics to the songs and rhymes used during all four *Hatchlings: In the Nest* sessions. It also includes links to websites where you can hear the music to a song or view someone singing and doing the actions to an activity.

After the *Hatchlings* sessions have ended, please use this booklet to continue talking, singing, sharing books and playing with your baby at home. Introducing new songs and books as your baby grows and attending programs offered by your local public library will build on the strong foundation that has already been started. And also, as one of the songs states, “because it’s fun to do.”

Wishing you many hours of joy with your baby,

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



*The MGOL Hatchlings materials were developed with funds from the Maryland State Department of Education, Division of Early Childhood, as part of the PDG B-5 for MD State Libraries, funded through Grant Number 90TP0032-01-00 from the Office of Child Care, Administration for Children and Families, U.S. Department of Health & Human Services.*

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# Welcome Songs

## **If You're Happy and You Know It**

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.

## **Since I love you very much**

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.



Can be heard at:  
[https://mgol.net/  
home/mother-  
goose-on-the-loose-  
goslings/songs/](https://mgol.net/home/mother-goose-on-the-loose-goslings/songs/)

### **A tip:**

Making up your own words to  
songs lets you use a song in lots  
of different situations.

# Rhymes & Reads



Can be viewed at:  
<https://youtu.be/KAFU0YOAJQ>

## Old Mother Goose

Old Mother Goose when she  
wanted to wander (*tap knees*)  
Would fly through the air on  
her very fine gander. (*lift hands up and around*)

Can be viewed at:  
<https://youtu.be/U6GtceF5hhU>

## There Are Bubbles In the Air

(*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.

### Another tip:

Sing this in the summer when you're blowing bubbles, or in the bath anytime!

## It's Raining, It's Pouring

It's raining, it's pouring,  
The old man is snoring.  
He hit his head when he went to bed,  
And it grew to a bump in the morning.  
Rain, rain go away, come again another day. (2x)



Can be viewed at:  
<https://youtu.be/dcy2Snv7BB0>

## It's Raining, It's Pouring

*(adapted version)*

It's raining, it's pouring,

So I can't go exploring.

I'll go to bed with a kiss on my head *(kiss baby)*

And I'll wake up my parent(s) in the morning.

## Peek-A-Boo

Peek-a-boo, I see you,

I see you hiding there. Peek-a-boo,

I see you, I see you smiling there.

PEEK-A-BOO!

### Look! Another tip:

Peek-a-boo is a perfect anywhere, anytime game. Babies learn that objects still exist, even when they can't see them.

## Chant: You Can Do It!

*(Repeat a phrase over & over in a sing-song voice.)*

You can do it, you can do it, you can do it,  
you can do it.

## Books Away

Books away, books away,

Put your books away today.

Can be viewed at:  
<https://youtu.be/-H8gRn-ybEs>

### And another tip...

Singing this turns clean-up time into a fun activity!

# Body Rhyme Songs



Original version  
can be viewed at:  
[https://youtu.be/  
WmtLJLtFMml](https://youtu.be/WmtLJLtFMml)

## I've Got Something in My Pocket

*(Adapted from a Girl Scout song)*

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!

## Eye Winker

Eye winker.

*(point to eyes - yours or your baby's)*

Tom Tinker. *(point to other eye)*

Nose smeller. *(point to nose)*

Mouth eater. *(point to mouth)*

Chin chopper, chin chopper,

chin chopper... guzzle whopper!

*(tap chin gently & then give a tickle on baby's tummy)*

A version of this  
can be viewed at:  
[https://youtu.be/  
ILI98JR352k](https://youtu.be/ILI98JR352k)

## Round and Round the Garden

Round and 'round the garden

went the teddy bear.

*(draw a circle with your finger  
in your child's open palm)*

One step, two steps, TICKLEY UNDER THERE!

*(“walk” fingers up your baby's arm  
and gently tickle the armpit)*

Can be viewed at:  
[https://youtu.be/  
js\\_cGT5qbQY](https://youtu.be/js_cGT5qbQY)

## We Clap Our Hands Together

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 wave our arms together.  
We wave our arms together.  
Because it's fun to do.

We wiggle our fingers together.  
We wiggle our fingers together.  
We wiggle our fingers together.  
Because it's fun to do.

We tap our knees together.  
We tap our knees together.  
We tap our knees together.  
Because it's fun to do.

And we all wave "hello."  
We all wave "hello."  
We all wave "hello."  
Because it's fun to do.

— Barbara Cass-Beggs



Can be viewed at:  
<https://youtu.be/t97rkzcAEFc>



## Body Rhyme Songs

### Another tip...

Babies learn best by doing things with their caring adults. The more you share this song with your babies, the more they will learn.



Can be viewed at:  
<https://youtu.be/DZRcHmM7qcM>

### 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!  
*(make num-num noises)*

Can be viewed at:  
[https://youtu.be/6Rs\\_vMjcnBQ](https://youtu.be/6Rs_vMjcnBQ)

### Opposites Song

This is big, big, big.  
This is small, small, small.  
This is short, short, short.  
This is tall, tall, tall.  
This is fast, fast, fast.  
This is slow, slow, slow.  
This is yes, yes, yes.  
This is no, no, no.

### And another tip...

An easy way to learn opposites is saying the words while acting them out.



## We March and We March and We Stop

We march and we march and we stop.  
We march and we march and we stop.  
We march and we march and  
we march and we march.  
We march and we march and we stop.



Hear a version of  
this at: <https://mgol.net/wp-content/uploads/2022/05/And-We-Wave.mp3>

### And another tip...

The more words babies hear, the more words they will know.

## Put Your Finger In the Air

*(tune of "If You're Happy and You Know It")*

Put your finger in the air, in the air.  
Put your finger in the air, in the air.  
Put your finger in the air,  
And wave it way up there.

Put your finger on your nose, on your nose.  
Put your finger on your nose, on your nose.  
Put your finger on your nose,  
Now touch it to your toes.  
Put your finger on your nose, on your nose.



Hear Pete Seeger  
sing a version  
of this song at:  
<https://youtu.be/nfMN0TprvKU>

## Body Rhyme Songs



Can be viewed at:  
<https://youtu.be/-wWq9oU15uE>

### Can You Kick With Two Feet

Can you kick with two feet,  
two feet, two feet?

Can you kick with two feet  
kick, kick, kick, kick, kick.

Can you wave with two arms,  
two arms, two arms?

Can you wave with two arms  
wave, wave, wave, wave, wave.

*(Continue: clap with two hands, kiss with two lips, etc.)*

— Barbara Cass-Beggs

#### And another tip...

Have fun by singing this song when your baby is kicking.

### Who's That Tapping at My Shoulder?

Who's that tapping on my shoulder?

Who's that kissing on my head?

You are tapping on my shoulder.

You are kissing on my head.

*(replace "You" with the name of someone your baby knows)*

Can be viewed at:  
<https://youtu.be/fKNVU7SpgqQ>

## This is Bill Hernandez

This is Bill Hernandez

*(lift baby's leg and bounce it gently up and down)*

And this is Juan Trim.

*(lift baby's other leg and bounce it gently up and down)*

And Bill *(shake right leg)* asked Juan *(shake left leg)*

To play with him. *(shake both legs)*

Bill over Juan *(cross right leg over left slowly)*

Juan over Bill *(cross left leg over right slowly)*

Bill over Juan *(cross right leg over left a little faster)*

Juan over Bill *(cross left leg over right a little faster)*

Bill over Juan *(cross right leg over left faster)*

Juan over Bill *(cross left leg over right faster)*

Over and over as they rolled down the hill!

*(continue reciting and increasing tempo until it becomes a  
mush of hand and feet motions)*

Rhymes involving joint physical activity create quality one-on-one time while helping your baby let out some energy. As the rhyme gets faster and faster, the movements get faster and faster, and the result is often lots of giggles!



# Drumming & Action Songs



Can be viewed at:  
<https://youtu.be/5Sjjg0guT0>

## Rum Pum Pum

Rum pum pum. This is my drum. (*tap to the beat.*)

Rum pum pum. This is my drum.

My name is (\_\_\_\_). What's your name? (*tap your name with syllables on the drum.*)

### Another tip...

Tap a word out! Breaking a word into syllables helps your child hear the sounds in words. Try clapping out words while you're at home.

## 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 walk, and we walk, and we walk, and we stop.

And we all turn around — WOOOOOOOOOOO

And we creep, and we creep, and we creep,  
and we stop.

And we creep, and we creep, and we creep,  
and we stop.

And we creep, and we creep, and we creep,  
and we stop.

And we all turn around — WOOOOOOOOOOO!

### Another tip...

Learning to “stop” can be very important for your children’s safety as they get older. Playing freeze games gives practice stopping.

Can be viewed at:  
<https://youtu.be/MwOS0dsC9ws>

## 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 give a little shout,  
“I love you without a doubt”.. Hug!

*(pretend to give your baby a hug)*

(You put your head in....)



A similar version can  
be viewed at: [https://  
youtu.be/  
epIRk7Pbc5g](https://youtu.be/epIRk7Pbc5g)

## Here We Go In, In, In

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, up.  
And here we go down, down, down, down.  
Here we go up, up, up, up.  
With the sweetest baby in town.

*(end with a few kisses)*

— Barbara Cass-Beggs

Can be viewed at:  
[https://youtu.be/  
HgvFCTb6UIo](https://youtu.be/HgvFCTb6UIo)

## Handy Spandy

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

Can be viewed at:  
[https://youtu.be/  
-potc0sNq2s](https://youtu.be/-potc0sNq2s)

### Ready for nap time?

Try making napitme fun by changing the last line  
to, “Handy Spandy, naptime is dandy, it’s time to lie  
down.”

# Animal Songs

## A tip:

Children often have a natural love for animals. You can sing this song about any animal your child sees.



Can be viewed at  
<https://youtu.be/BaMZoi4c-pg>

## I Went to Visit the Farm One Day

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.”

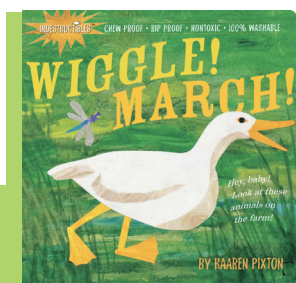
## I Went to Visit the Store One Day

I went to visit the store one day.  
I saw a carrot along the way.  
What color was the carrot that day?  
Orange, orange, orange.

## Little Frog on a Log

Little frog, on a log  
Sings his song, all day long.  
Ribbit, ribbit, ribbit, ribbit, ribbit, ribbit (*kisses to your baby can be used in place of the word “Ribbit!”*)

Can be viewed at:  
<https://youtu.be/-GCuGcSRpVY>



Wiggle! March! is great to share with animal songs.

## I Dropped My Frog

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 head.

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 shoulder.

*(continue as long as you want with different body parts!  
Head, shoulder, knee, tummy, etc.)*



View at: <https://youtu.be/OoEdADnZI9o>

### **A tip:**

Toys often fall on the ground, but this song helps make it fun to pick them up. It is also an exciting way to name body parts while using them.

## When Cows Get Up in the Morning

When cows get up in the morning  
They always say moo.  
When cows get up in the morning  
They always say moo.

When pigs get up in the morning  
They always say oink.  
When pigs get up in the morning  
They always say oink.

*(continue with any other animals, e.g. dog,  
cat, sheep, etc.)*

Can be viewed at:  
<https://youtu.be/hN8YgNyot-0>

# Musical Instruments



Can be viewed at:  
<https://youtu.be/wJjIMHpDMRw>

## Pizza, Pizza Hot

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.  
(Not me!) or (I do!)

### A tip:

Clapping (or shaking the shaker) to the beat with this chant helps to build listening skills.

Can be viewed at:  
<https://youtu.be/ISrtQsrMv8o>

## The Wheels on the Bus

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

The wipers on the bus go swish, swish, swish.  
*(swish shakers from side to side)*  
Swish, swish, swish... Swish, swish, swish.  
The wipers on the bus go swish, swish, swish.  
On our way to the library.

*(This song is fun to do with your hands, too!)*



## I Have a Little Shaker

I have a little shaker, I'll shake it in the air.  
I'll shake it over here. I'll shake it over there.  
It can be a carousel, going round and round.  
It can be a shooting star, falling to the ground.  
I had a little shaker, I'll shake it in the air.  
I'll shake it over here. I'll shake it over there.



Can be viewed at:  
<https://youtu.be/3yRh0M87lyM>

### Another tip:

Shakers are easily made by filling empty water bottles with dry rice or lentils, buttons, or beads. But always be sure to glue the cap on to prevent any choking hazards! And don't leave your baby alone with the shaker.

## We'll All Shake Our Shakers

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 up high in a high voice)*  
Shake them down low.  
*(shake down low in a low voice)*  
And shake them in the middle.  
*(shake in front, using a normal voice)*  
— Barbara Cass-Beggs

Can be viewed at:  
[https://youtu.be/8CEzjq\\_6dqE](https://youtu.be/8CEzjq_6dqE)



# Lullabies



The original can be viewed at: <https://youtu.be/G8Q3YgOSo8k>

## 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.

*(Try singing your child's name in place of "hatchling.")*

### **A tip:**

A gentle lullaby makes bedtime a perfect way to wind down from a busy day. Singing a lullaby while gently rocking from side-to-side may help your baby to relax!

## Twinkle, Twinkle

Twinkle, twinkle, little star.  
How I wonder what you are.  
Up above the world so high.  
Like a diamond in the sky.  
Twinkle, twinkle, little star.  
How I wonder what you are.

Can be viewed at: [https://youtu.be/P67iIT7t\\_DE?t=12](https://youtu.be/P67iIT7t_DE?t=12)

## Baby, Baby

(tune: *Twinkle, Twinkle Little Star*)

Baby, baby you're my star

(or use "Baby" and then substitute the baby's name)

I love you just as you are.

You're the apple of my eye,

You will grow to be so high.

Baby (     ), you're my star.

I love you just as you are.

— Jan Fabiyi

## My Little Baby is Going to Sleep

My little baby is going to sleep. (2x)

Bye love, bye love, sleep, sleep, sleep.

Ten little fingers are lying at rest. (2x)

Bye love, bye love, sleep, sleep, sleep.

Ten little toes are curling up tight. (2x)

Bye love, bye love, sleep, sleep, sleep.

Two little eyes are closing up tight. (2x)

Bye love, bye love, sleep, sleep, sleep.

— Barbara Cass-Beggs



Can be viewed at:  
<https://youtu.be/Fwj2IyFMjAU>

### A tip:

"Children enjoy lullabies in ALL languages. Share one that you heard when you were a baby."



# The Library Song



Listen to the music at: <https://kids.niehs.nih.gov/games/songs/childrens/library-song/index.htm>

## The Library Song

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)

### A tip:

The library has children's play areas, programs for parents with babies, books, computers and more. You can attend programs, watch movies, and read books online. And it's all free. So check out your local library!

## Talk, Sing, Share Books, Play

Talk, sing, share books and play.  
Talk, sing, share books and play.  
Talk, sing, share books and play.  
Talk, sing, share books and play -- Hooray!

— *Cen Campbell*

Can be heard at: <https://mgol.net/wp-content/uploads/2021/01/Talk-Sing-Share-Book-Play-Hey.mp3>

### Another tip:

Talking, singing, sharing books and playing with your baby is a great way to spend time together and show your love. In addition, it builds their language skills!