

Wash Your Hands Song

Instructions:

Parents/Teachers model and provide opportunities for the child to practice hand washing for 20 seconds using music or songs. For example, the ABC song.

1. Discuss with your child why hand washing is important.
2. At the sink, you and your child wash your hands at the same time.
3. Sing the ABC song and soap your hands through the whole song.
4. Wash hands while singing other songs that take 20 – 30 seconds
 - Baby Shark
 - Row Row Row Your Boat
 - Mary Had a Little Lamb

Questions to extend learning:

1. How does the water feel?
2. Who washes their hands?
3. When should we wash our hands?
4. Why do we put soap on our hands?

Materials:

Optional: music



What will children learn?

The children will learn to wash their hands properly and why washing their hands is so important.

Learning Objectives:

- Speaks clearly
- Communicates in creative ways, e.g., Plays with words by rhyming, chanting, or making up songs; uses movement and dance.

Clap to the Music: Sitting, Clapping, and Singing

Instructions:

1. Sit cross-legged on the floor with your baby's back to you. Wrap your baby with your legs. The stronger your baby's back becomes, the looser your legs can be. Soon your baby may only need a bit of support if your baby leans to the side.
2. Have family and friends join the circle for music time. Sing a favorite song. Encourage your baby to clap.
3. If someone dances to the music, encourage your baby to clap along. Show your baby how to applaud at the end.
4. Sing silly songs with hand motions. Does your baby imitate you?
5. Make other sounds. Maybe your baby likes the sound of "blowing raspberries" with his/her tongue. What other sounds make your baby laugh?

How to extend activity:

Your baby will have fun hearing sounds even when your songs don't have words. For example, do you remember this sports song? "Ole, ole, ole, ole." Baby music doesn't have to be lullabies and baby songs. Just remember that your baby learns more listening to your voice than to a recording.

Materials:

- You and your baby
- Family members or friends
- Board books



What they learn:

Motor Development: Your baby develops his/her back muscles when you give him/her the opportunity to sit independently. Offer support only if your baby needs it.

Language Development: When your baby practices using his tongue (for example, with "raspberry" sounds) your baby is using the same muscles that will be used in speech.

Attachment is the foundation for strong social and emotional well-being. Your baby will be more curious and will have confidence to explore when it feels worthwhile and important.

Feel the Music

Instructions:

1. Sit baby on the floor.
2. Place bowls in front of baby.
3. Tap on the bowls making music like sounds.
4. Encourage the baby to make sounds with the bowls.

How to extend activity:

- Add water to the bowls with a cover and introduce the sound of water to the child.

Materials:

- Plastic bowls

**What they learn:**

- Builds fine motor skills.
- Enhance hand-eye coordination.

Sing a Song: Learning Rhyme, Rhythm, and Movement

Instructions:

1. Parent can begin with singing songs while playing, while you do chores, or drive. Make up a song to sing while you pick up toys. Notice if your baby is moving to the beat.
2. Sing while walking. Don't worry about being a good singer! Your baby enjoys hearing your voice.
3. Begin moving to the music with your baby. Move, sway, swirl, or dip. Your baby will enjoy having a dance partner.
4. Singing songs is also great during transitions or changing environments.

Materials:

- Favorite Songs or Nursey Rhyme

**What they learn:**

Motor: Your baby is developing balance, muscle coordination, and posture.

Social Emotional: Music can stimulate emotions. When your baby is anxious, a calming song can be sung to calm him down. When you sing a lively tune, it can cheer him or her up and may make you both want to dance.

Language: When you sing to your baby, he develops receptive language.

Let's all sing: Enjoying Music & Using Large and Small Muscles

Instructions:

Birth to 5 months:

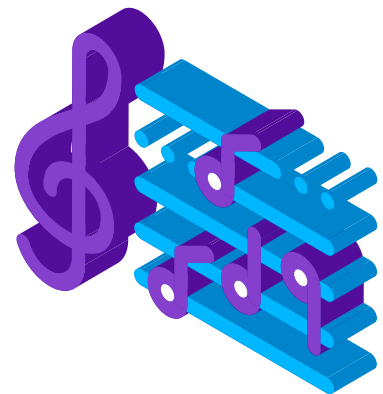
1. Get in a position where your baby can see your face.
2. Sing to him/her while he watches your mouth and eyes move. Vary the volume and speed of your songs. Sing lullabies with hushing sounds.
3. Hum a song. Then sing something exciting and lively.
4. Notice how your baby responds. When he seems tired, take a break.

6 to 36 months:

1. Sing a song your child knows and encourage him to move to the beat. Babies who can sit up will bounce up and down to the music. Older children may clap, dance in place, or run around.
2. Dance with your child if he can't stand up yet, hold him while you move with the beat. If he is standing up, hold his hands and gently move back and forth to the rhythm.
3. Give your child one of the instruments or household objects. Show him how to make noise with it. Let him play along the beat.
4. Offer other instruments that make different sounds.
5. Encourage your older child to take turns with the instruments.
6. Play as long as your children are interested.

Materials:

- Shakers, drumsticks, xylophones, whistles, pans, and other household objects that make noise.
- Basket of books: 3 or 4 age-appropriate books including 1 wordless book.



What will children learn?

- **Motor:** Bouncing, dancing, pounding, and clapping helps strengthen children's large muscles. Holding instruments builds small muscles in their hands and fingers.
- Music is made of repeated beat patterns and phrases of words. This repetition will help your children recognize patterns in reading, numbers, and the world around them.
- Making music is a good opportunity for unstructured play with no "right" way to do things.

Sing a Song: Learning Rhyme, Rhythm, and Movement

Instructions:

1. Parent can begin with singing songs while playing, while you do chores, or drive. Make up a song to sing while you pick up toys. Notice if your baby is moving to the beat.
2. Sing while walking. Don't worry about being a good singer! Your baby enjoys hearing your voice.
3. Begin moving to the music with your baby. Move, sway, swirl, or dip. Your baby will enjoy having a dance partner.
4. Singing songs is also great during transitions or changing environments.

Materials:

- Favorite Songs or Nursey Rhyme

**What they learn:**

Motor: Your baby is developing balance, muscle coordination, and posture.

Social Emotional: Music can stimulate emotions. When your baby is anxious, a calming song can be sung to calm him down. When you sing a lively tune, it can cheer him or her up and may make you both want to dance.

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