

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.