



Goslings Song & Rhyme Sheet for Cuddlers

Singing softly helps parents ease their baby's stress and their own. Parents' voices are soothing to babies. Using the words, "I love you," promotes bonding between parents and their hospitalized baby.

The song, *Since I Love You Very Much*, was adapted from a well-known song and has a catchy refrain. At least one of the many verses can be appropriately used at any traffic light color. Because it strengthens loving feelings, we want to encourage parents to sing that song to their babies.

Cuddlers will be modeling appropriate nurturing behaviors for parents. If you sing, our hope is that parents will watch you and repeat what you do. However, NICU parents can be very sensitive about non-family members singing and saying "I love you" to their babies.

To avoid discomfort, we have a slightly modified version of *Since I Love You Very Much* for Cuddlers and other volunteers. The actions in this song match the actions in the family song and the lyrics are only slightly modified.

Two Little Goslings

(Sing to the tune of "Hush Little Baby")

Two little goslings safe in their nest.

Link fingers together to make a nest.

One was awake and the other at rest.

Slowly and gently lift one hand, lower the other with palm facing up.

One fell asleep and the other did too,

Hands together, head leans on hands.

And they slept and they slept the whole night through.



Since You Are So Very Loved

(Sing to the tune of "If You're Happy and You know It")

Whisper "I love you," very softly without putting your mouth next to your baby's ear.

From your family I whisper, "I love you"

From your family I whisper, "I love you"

Since your family loves you, and they're always thinking of you,

From your family I whisper, "I love you"

I Love You...

Hold baby's hand.

Since you are so very loved, I'll hold your hand!

Since you are so very loved, I'll hold your hand!

Since your family loves you, and they're always thinking of you,

Since you are so very loved, I'll hold your hand!





Goslings Song & Rhyme Sheet for Cuddlers

Place one hand on top of baby's head and the other hand on baby's feet. It will be as if you are making a nest with your baby cuddled right inside.

Since you are so very loved, I'll give a hug!
Since you are so very loved, I'll give a hug!
Since your family loves you, and they're always thinking of you,
Since you are so very loved, I'll give a hug!



Make a heart by putting your thumbs and index fingers together.

Since you are so very loved, I'll make a heart!
Since you are so very loved, I'll make a heart!
Since your family loves you, and they're
always thinking of you,
Since you are so very loved, I'll make a heart!



*Blow a kiss gently, without getting too close;
blow your kiss without breathing on baby!*

Since you are so very loved, I'll blow a kiss!
Since you are so very loved, I'll blow a kiss!
Since your family loves you, and they're
always thinking of you,
Since you are so very loved, I'll blow a kiss!



One Little Monkey

*One little monkey jumping on the bed.
Hold up finger with monkey puppet.
He fell off
Lean one finger slowly to one side.
and bumped his head.
Mama called the doctor and the doctor said,
Lean finger to the other side.
No more monkeys jumping on the bed!*

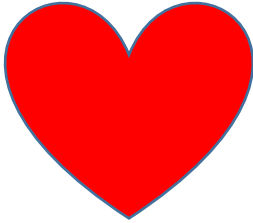


Monkey See, Monkey Do (Chant)

*Monkey see, monkey do.
Monkey says, "I love you!"*



Goslings Song & Rhyme Sheet for Cuddlers



Mommy Loves You (Chant)

Mommy loves you.
Daddy loves you.
Auntie loves you.
Grandma loves you.
Joey loves you.
Sonia loves you.



Open Them, Shut Them

Open them, shut them.

Put both hands in front.

Open them and then make a fist.

Open them, shut them.

Give a gentle tap, tap, tap.

Clap hands together softly.

Open them, shut them.

Open them, shut them.

Put them in your lap, lap, lap.

Fold hands in lap.

Creep them, crawl them,

Slowly walk fingers up your body.

Creep them, crawl them,

Right up to your chin, chin, chin.

Rest fingers on chin.

Open up your little mouth....

Open mouth.

And then invite them in!

Gently tap your fingers on your chin.

Rum Pum Pum

(Chant)

Rum pum pum, this is my voice.

Rum pum pum, this is my voice.

My name is (say your name).

Your name is Baby.

You are loved.

Rum pum pum, here is a hug.

Rum pum pum, here is a hug.

My name is (say your name).

Your name is Baby.

You are loved.

Rum pum pum, this is my thumb.

Gently stroke baby's head with your thumb.

Rum pum pum, this is my thumb.

My name is (say your name).

Gently stroke baby's head with your thumb.

Your name is Baby.

You are loved.





Goslings Song & Rhyme Sheet for Cuddlers

Old MacDonald

(slowly and quietly)

Old MacDonald had a farm. Ee-ai-ee-ai-oh.
And on that farm he had a duck. Ee-ai-ee-ai-oh.
With a “Quack, quack” here and a “quack, quack” there.
Here a “quack,” there a “quack,” everywhere a “quack, quack.”
Old MacDonald had a farm. Ee-ai-ee-ai-oh.
(Repeat with other animal names and sounds.)



Are You Listening

(Sing to the tune of “Frère Jacques”)

Are you listening? Are you listening?
To the bells? To the bells?
Sounds are all around us. Sounds are all around us.
Hear the bells. Hear the bells.

Are you listening? Are you listening?
Baby boy? Baby boy?
Sounds are all around us. Sounds are all around us.
Hear the bells. Hear the bells.

Are you listening? Are you listening?
Baby girl? Baby girl?
Sounds are all around us. Sounds are all around us.
Hear the bells. Hear the bells.



Twinkle Twinkle Little Star

What a Wonderful Baby You Are

Twinkle, twinkle little star,
What a wonderful baby you are.
A little face, a tiny nose,
Tiny fingers, tiny toes.
Twinkle, twinkle little star,
What a wonderful baby you are.



Goslings Song & Rhyme Sheet for Cuddlers

The Alphabet Song

(Sung as a lullaby)

A, B, C, D, E, F, G

H, I, J, K, L, M, N, O, P.

Q, R, S, T, U, V.

W, X, Y, and Z.

Now we've sung our ABC's

Mommy loves you, yes, indeed.



Wiggle! March!

(Create your own story to go with the pictures, or read the book using the words below.)

Here is a bedtime book about farm animals.

Duck says, "It's time to go to sleep. Quack quack."

Sheep says, "It's time to go to sleep. Baa baa."

Pig says, "It's time to go to sleep. Oink oink."

Horse says, "It's time to go to sleep. Neigh, neigh."

Cow says, "It's time to go to sleep. Moo, moo."

Rooster says, "It's time to go to sleep. Cock-a-doodle-doo."

Hen says, "It's time to go to sleep. Cluck, cluck."

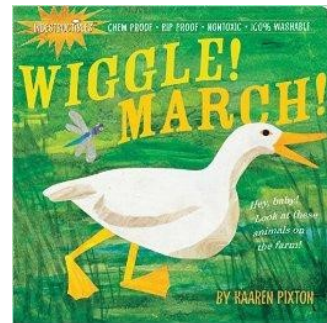
Goat says, "It's time to go to sleep. Meeee, meeee."

Turkey says, "It's time to go to sleep. Gobble, gobble."

Cat says, "It's time to go to sleep. Meow, meow."

Dog says, "It's time to go to sleep. Arf, arf."

Mommy/Daddy says to baby, "It's time to go to sleep. Good night."



Other ways to use Wiggle! March!

- Look at the pictures and talk about the animals. Mention their names, their colors, and the sounds they make.
- Look at one page and talk about everything that is happening on the page. If it is a green light day, show the illustration to the baby.
- Sing Old MacDonalld as a lullaby. Use the animals in the book as a guide.