






SESSION 1

# Cheat Sheet

## Panel 1

- Welcome to *MGOL Hatchlings - In the Nest*. Give description.
- Fill out paperwork (mention that it's for research & photos for articles and conference presentations)
- Reassure parents not to worry if their children make noise.
- Tell parents they don't need to sit still either.
- Give guidance on what to do if a child starts loudly crying or wailing.
- Don't wake the baby!
- Your baby learns by imitating you so participate enthusiastically.
- In order for your baby to get the most out of this, cell phones off.
- Introductions: Go around the circle, adults introduce themselves and their babies

## Panel 2

-  "If You're Happy and You Know It"
-  "Since I Love You Very Much, I'll Give a Kiss"
  - Research: babies hear words while they are still in the womb
  - Singing, talking, and sharing books with babies builds their brains and their language skills
-  "Old Mother Goose"  
(with lyrics)

## Panel 3

- To your child, your voice is the most beautiful sound in the world.
- Short attention spans = read just 1 or 2 pages, talk about the book.
- Babies prefer smiling faces over faces without expression.
- Newborns prefer high contrast black and white pictures.
- Optional: You will receive a *MGOL* tote bag for coming today.

## SESSION 1

- Sturdy cardboard books are good for babies, safe and easy to clean.
- After birth, babies can see objects 8 to 10 inches from their face or the distance to the parent's face.
- Tummy time should always be supervised by an adult.

### Panel 4:



*Happy Baby* - Share books in different ways:

Talk about the pictures.

When asking a question, watch & listen for a sound or movement and respond.

For example "Is this a fish?"

Make a fish face or fish movements.

Does anyone know a song about a fish? Sing a song about a fish.

Show the pictures.

Demonstrate sharing the book.

- The tote bag is the first session gift.
- Take a few minutes to share a book with your baby!



"Books Away"

### Panel 5:



"Peek-a-boo"



"I've Got Something in My Pocket"  
*(lyrics are on the panel)*



"Eye Winker"



"Round and Round the Garden"



"This is Bill Hernandez"  
*(show the positioning)*

### Panel 6:



Drum Sequence: "Rum Pum Pum"

- "My name is \_\_\_\_\_. What's your name?"
- Greet everyone individually

### Panel 7:

- Stand-up Actions
- Freeze games help children practice stopping!
- "And We Walk"
- Other gentle movement words?
- Babies learn movement words by acting them out



"Handy Spandy"

### Panel 8:



Book: *Wiggle! March!*



"I Went to Visit the Farm One Day"

- Making animal sounds helps children hear the small sounds in words. This helps with learning how to read.
- "Books Away"
- Introduce frog puppet.
- "Little Frog on a Log" (Show how arms look. Lyrics on the panel)
- Display song sheets & invite everyone to take them at the end.

## SESSION 1

### “Frogs Away”

#### Panel 9:

- Using musical instruments

### “We’ll All Shake Our Shakers”

- Shake to the beat – gently!
- Changing the words to songs and rhymes keeps them fun

### “Pizza, Pizza Hot”

### “Shakers Away”

- Singing clean up songs make cleaning up fun

#### Panel 10:

- Singing lullabies calms and relaxes babies.
- Rocking motions and hearing your heartbeat calms them down.

### “Too Ra Loo Ra Loo Ra” (lyrics are on the panel)

#### Panel 11:

- Libraries have terrific free services:
- They have play spaces, children aren’t expected to be silent
- Books, computers
- Friendly librarians, Helpful librarians
- Programs for parents/caregivers and babies
- Future friends. Play spaces for children
- Free library cards for borrowing

many things

- Ask your pediatrician if your baby is healthy enough to go to the library


#### Panel 12:

### “The Library Song” (lyrics are on the panel)

#### Panel 13:

- The more words your baby learns, the better!
- Talk, sing, share books, and play with your child.

### “Talk, Sing, Share Books, and Play”

-  Name one new idea from this session that you expect to practice at home with your baby.
- Thank you for coming, these babies are lucky to have you as parents.

#### Panel 14:

- Questions?
- Please return the kits & fill out exit surveys
- Hand each family unit a bag, a calendar, and a *Hatchlings* Songbook. (If possible, a board book too!)
- Group picture time! Be sure your nametag shows.
- Say “Good-bye” and “I hope to see you next week” to each person individually. SMILE at them to show how glad you were to see them.