

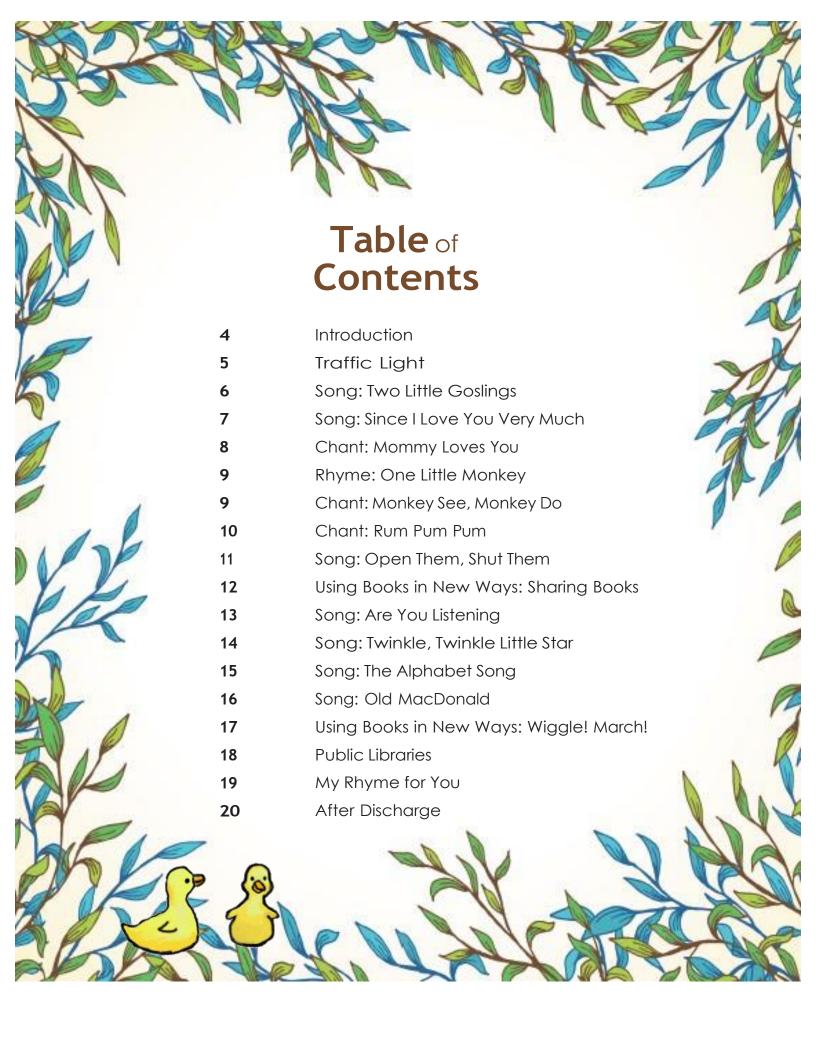
The original Goslings booklet, kit, and program were funded by a grant to Port Discovery Children's Museum from the PNC Foundation's Grow Up Great early childhood education initiative for a collaboration with the Drs Rouben and Violet Jiji Neonatal Intensive Care Unit of the University of Maryland Children's Hospital. Additional funding from the The Herbert Bearman Foundation further supported the Goslings program, booklet, and music development. Thank you to Summer Rosswog, Barb Henschel, Jane Munoz, Chris Byerly, Jan Fabiyi, Nora Thompson, Dawn Sacks, Bryn Parchman and Segrid Pearson for their valuable contributions which made this booklet possible. Thank you to Dr. Susan Sonnenschein, Rebecca Dowling, and Lisa Shanty for doing the research that showed the positive impact Goslings has had on NICU families. And, thank you to Dr. Brenda Hussey-Gardner for sharing her wonderful wealth of knowledge regarding medically fragile babies. Her expertise is one of the foundations upon which this program has been built.

Mother Goose on the Loose® envisions a world where EVERY child EVERYWHERE has a strong foundation that will enable them to be successful in school and in life.

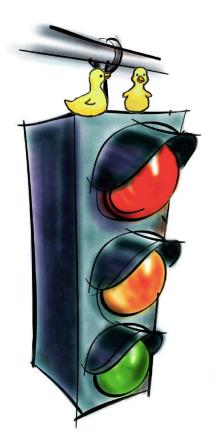
#### MGOL fervently values:

- The right of every child to become literate.
- Parents and family as a child's first and most important teachers.
- Nursery rhymes and music as tools for learning.
- Joyful experiences with books and illustrations.
- Community as the support system for families.
- Healthy development of the WHOLE CHILD, with focus on social, emotional, intellectual and physical skills.

Find out more at mgol.net!







Here are some songs and rhymes for you to share with your baby. Premature babies give signals to show how they are feeling. If your baby was born early, watch your baby's signals, to know how to best present each rhyme. If your baby was not born early but is in the NICU, watching for these signals may also be helpful to you.



On a red light day, your baby needs to focus on growing and being healthy, so it is best to keep stimulation to a minimum. Sing or talk softly without touching your baby.



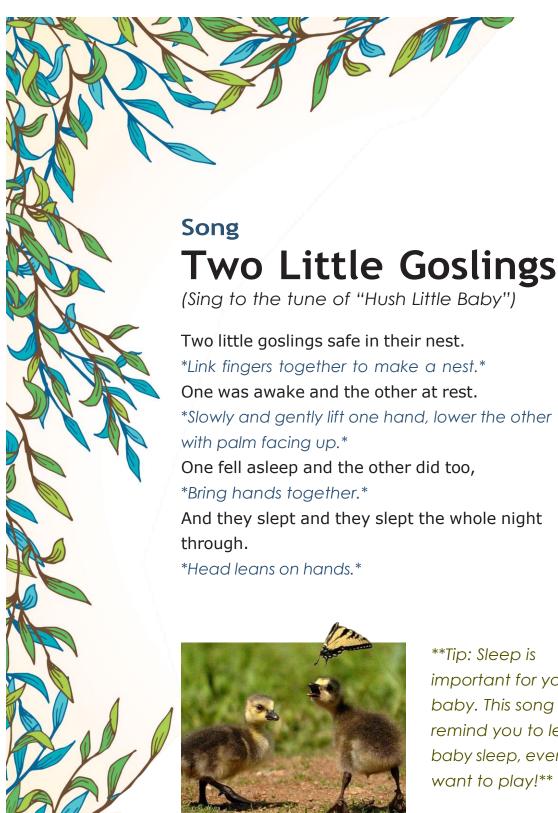
On a yellow light day, your baby is ready for your voice. Sing or talk softly while sharing gentle skin-to-skin contact or a hand hug with your baby.

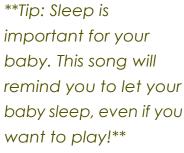


On a green light day, your baby is ready for you to try new things like gently shaking a rattle, using hand motions with a song, or showing a book.

No matter what color day it is, you should read your baby's signals and proceed accordingly.

For more tips on signals, refer to the booklet "Understanding My Signals" by Dr. Brenda Hussey-Gardner which should be used in conjunction with this songbook.





Voice and Touch

### Song

# Since I Love You Very Much

(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.\*

II oveYou

Since I love you, I will whisper "I love you."

Since I love you, I will whisper "I love you."

Since I love you, love you, love you, and I'm always thinking of you.

Since I love you, I will whisper "I love you."



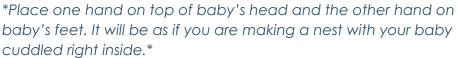
\*Hold baby's hand.\*

Since I love you very much, I'll, hold your hand.

Since I love you very much, I'll hold your hand.

Since I love you, love you, love you, and I'm always thinking of you.

Since I love you very much, I'll hold your hand.



Since I love you very much, I'll give a hug.

Since I love you very much, I'll give a hug.

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 huq.

\*Make a heart with your hands and show it to your baby.\*

Since I love you very much, I'll make a heart.

Since I love you very much, I'll make a heart.

Since I love you, love you, love you, and I'm always thinking of you.

Since I love you very much, I'll make a heart.

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

Since I love you very much, I'll blow a kiss.

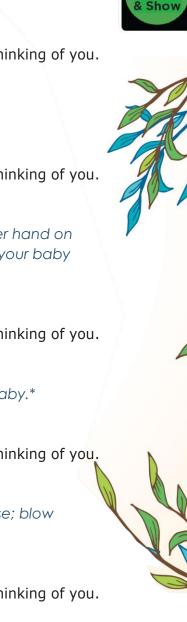
Since I love you very much, I'll blow a kiss.

Since I love you, love you, love you, and I'm always thinking of you.

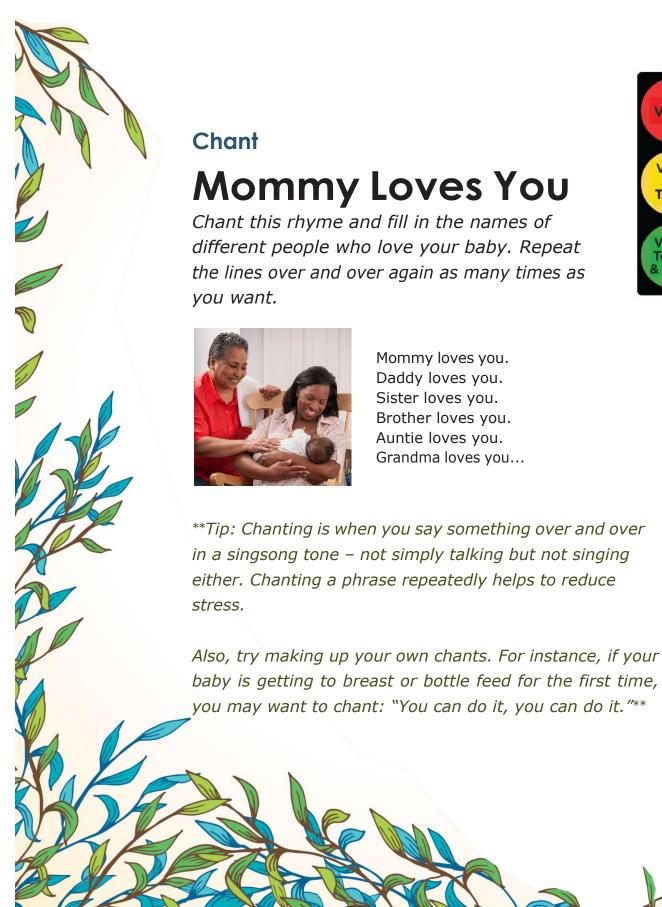
Since I love you very much, I'll blow a kiss.

Traditional, adapted





Voice and Touch



Voice

and Touch

Voice,

Touch, & Show



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!
\*Move finger forward.\*

Tip: Since babies see best when items are approximately 10 inches away from them, place your hands that distance from baby's face.

#### Chant

# **Monkey Chant**

Monkey see. Monkey do. Monkey says "I love you!"

\*\*Tip: Try telling a story with the puppet or using the puppet to give a soft kiss on your baby's leg or arm.\*\*



Voice

and

Touch

Voice, Touch,



# 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 your mouth.\*
And then invite them in!

\*Gently tap your fingers on your chin.\*

Traditional, adapted



\*\*Tip: We want babies to put their fngers or hands in their mouths! Sucking on hands and fingers helps babies to comfort themselves. It also builds the muscles needed for eating and talking.\*\*





### **Using Books in New Ways**

# **Sharing Books Together!**

Share a book with your baby every day. Sharing a book is another way of sharing love. Try these diferent ways of sharing books with your baby:

#### Tips for Red and Yellow Light Days

- Read the book aloud. Or, just read a few pages aloud.
- Look at one page and talk about what is on the page.
- Use the same book over and over babies love repetition!
- Talk about what you see on the cover as well as on the pages.
- Describe the pictures on the pages.
- Sing a song about one of the pictures.
- Make up a tune and try to sing the entire book.

#### **Tips for Green Light Days**

- Place the book wide open on top of the isolette and leave it there as you talk to your baby about the story to describe what is on the pages that baby "reads".
- Use the tips in the red and yellow tip sections when holding your baby.
- If you're not comfortable holding your baby and a book at the same time, use the book when your baby is in an infant seat.
- After discharge, when your baby is healthy and it is not flu season, consider taking your baby to the public library.







### Song

### Are You Listening

(Sing to the tune of "Frère Jacques")

Are you listening? Are you listening?
To the sounds? To the sounds?
Sounds are all around us. Sounds are all around us.
I love you. I love you.
Are you listening? Are you listening?
Baby boy. Baby boy.
Sounds are all around us. Sounds are all around us.
I love you. I love you.
Are you listening? Are you listening?

Baby girl. Baby girl. Sounds are all around us. Sounds are all around us. I love you. I love you.

Traditional, adapted

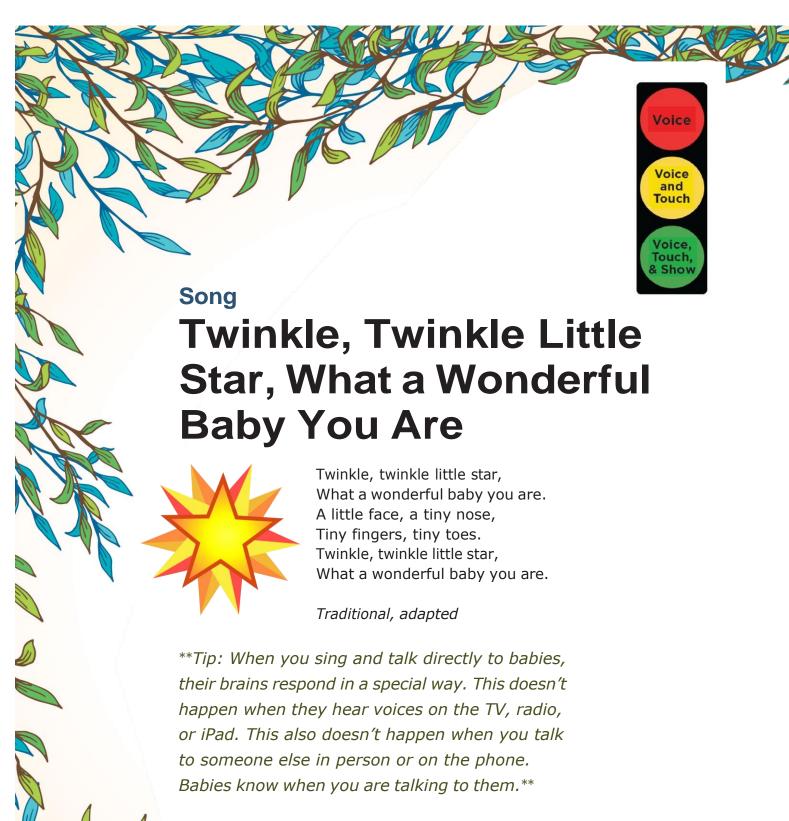
\*\*Tip: Try using your baby's name instead of "baby girl" or "baby boy."\*\*

\*\*Tip: Babies need their sleep to grow; try not to wake a sleeping baby. Even when rattles make a very soft sound, they should only be used on a green light day, when the baby is awake.\*\*





Voice





# The Alphabet Song



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
I love you, and you love me.

#### Traditional, adapted

\*\*Tip: Any song can be a lullaby, as long as you sing it slowly and softly.

Tip: While singing on a green light day, make a soft, rain-like sound by slowly moving the shaker egg for your baby to look at.\*\*





### Song

### 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.
Old MacDonald had a farm. Ee-ai-ee-ai-oh.
And on that farm he had a cow. Ee-ai-ee-ai-oh.
With a "moo, moo" here and a "moo, moo" there.
Here a "moo," there a "moo," everywhere a "moo, moo."

Old MacDonald had a farm. Ee-ai-ee-ai-oh.
Old MacDonald had a farm. Ee-ai-ee-ai-oh.
And on that farm he had a cat. Ee-ai-ee-ai-oh.
With a "meow, meow" here and a "meow, meow" there.
Here a "meow," there a "meow," everywhere a "meow, meow."
Old MacDonald had a farm. Ee-ai-ee-ai-oh.

#### Traditional

\*\*Tip: Books can be used used in many ways. You can sing songs about the sounds animals make, talk about what the animals do, and describe the different colors that you see.\*\*



Voice

Voice and

Touch

Voice,



Voice and Touch

Touch, & Shov

### **Using Books in New Ways**

# Wiggle! March!

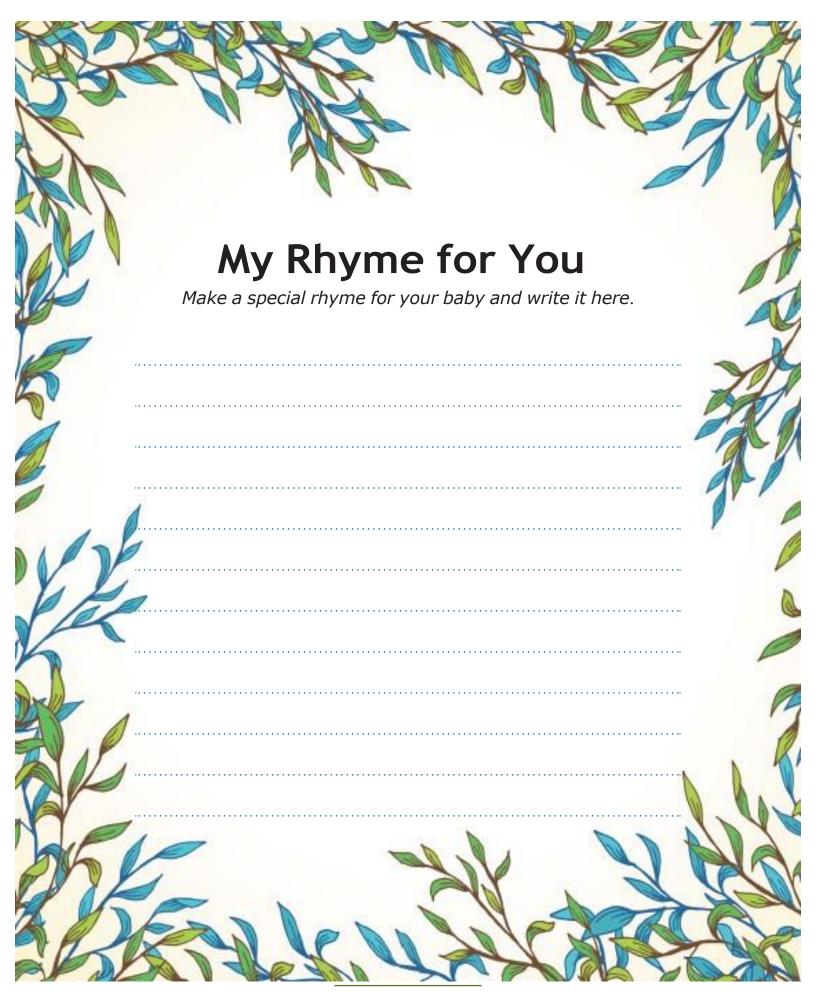
Create your own story to go with the pictures, or read the book using the words below.

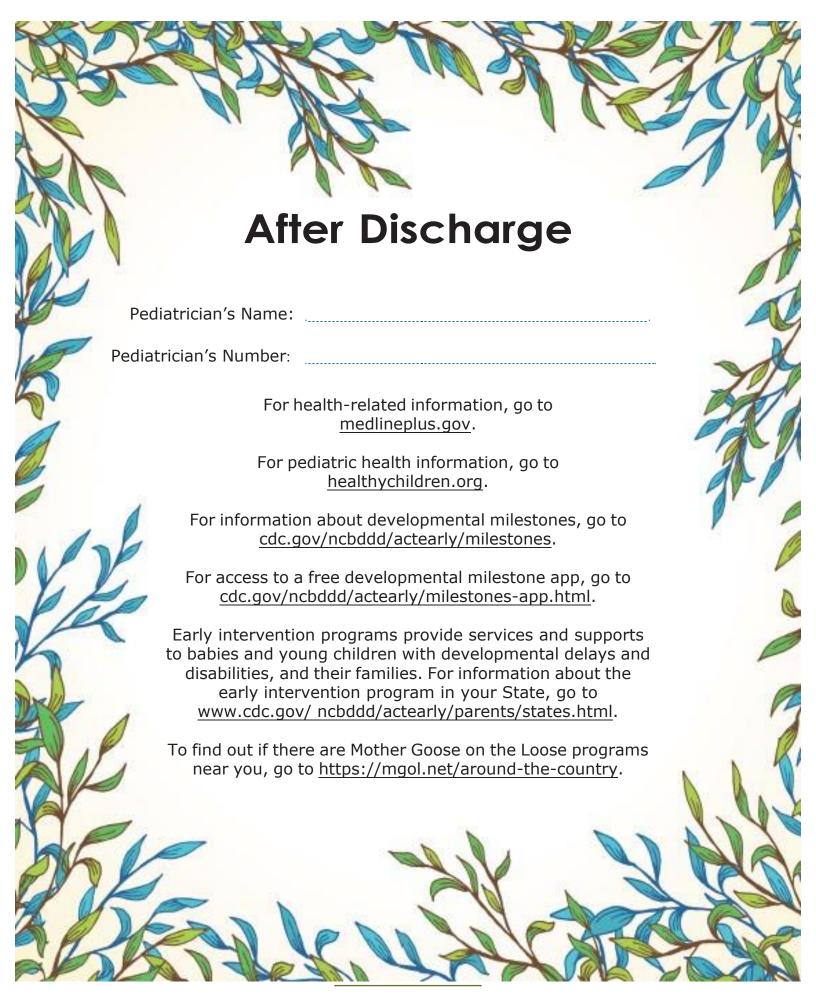
Here is a bedtime book about farm animals. Duck says, "It's time to go to sleep. Quack quack." Sheep says, "It's time to go to sleep. Baa baa." Pig says, "It's time to go to sleep. Oink oink." Horse says, "It's time to go to sleep. Neigh, neigh." Cow says, "It's time to go to sleep. Moo, moo." Rooster 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."

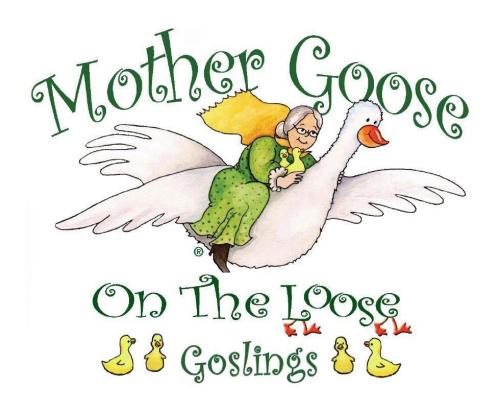


\*\*Tip: A bedtime routine is good for all babies, even babies in the NICU. Every night, before putting your baby to bed, do the same things in the same order. For example, you may want to feed your baby, then read a story, then sing a lullaby, and then say "good- night."\*\*









Stream and download the songs and chants at:



https://mgol.net/home/mother-gooseon-the-loose-goslings/songs/