

Session 1

STARTING YOUR SESSION

Has everyone completed the consent form?

Please find a seat in the circle and we will begin.
For anyone who did not want to be photographed today,
I'll ask you to sit on the same side to avoid the camera.

Room open for 15 minutes after class to chat and socialize.

Display panel 1.

SESSION 1

1. WELCOME

Hello, everyone! Hello babies, parents,
special grown-ups, and visitors.

Welcome to our *Mother Goose on the Loose:
Hatchlings – In the Nest* class series, Session 1.

Thank you for being here.

My name is Emily Trovato, Children's Instructor and
Research Specialist at the ELK Branch of HCLS.

-Mom of 2 babies who have grown and grown and are now
both pre-teens, I can't believe it.

-Delighted to be here with you & see familiar faces and new!

Mother Goose on the Loose Hatchlings: In The Nest was
created especially for you, the special people taking care of
newborns. Today, we will be singing, rhyming, sharing
books, and playing because doing these things from the
very beginning benefits your child's overall development.

Babies are constantly learning. Parents are their first and
very important teachers. So this class is for you as well as
your baby. I hope you'll join in with all the singing and
rhyming and everything else.

Learning together as a family is powerful and rewarding.
So welcome!



Let's go around and Introduce ourselves!

1

HOUSEKEEPING

SESSION 1

Since this class is new, to make it its best, we have asked for your feedback with a survey at the end of class. Thank you for helping us in this way.

As another thank you, we have gift bundles for you to take home today. There is a new gift each week for all 4 weeks.

-Tote bag, Board book, Early literacy activity calendar, resources from the library, info from our class.

1. Songbook with lyrics to all our songs/rhymes
2. A page with all the panels from class.

You can relax and enjoy being here with your baby, and use these later to remind you of everything we did.

On your seat, we have the kits we'll use during class today. We can put them aside for now.

REASSURANCES

Finally, I want to reassure you about some thing you may be wondering how this class full of newborns will work.

- **1. Babies make noise. That's ok.** Wiggle, coo, cry, fall asleep - being unpredictable is what babies do. Noises are fine. Now, if baby needs to just let loose and wail loudly, go ahead and take them out of the room to settle. Can be easier for babies to calm away from people/noises. Try the patio. Then, please come back when baby's calmed, we want you both here.
- **2. Babies fall asleep a lot. That's ok, too!** Babies need sleep for their health and growth. Please go ahead and let them stay asleep. I have stuffed animals you can use to continue the activities. That way, you'll learn them here and can share with baby later at home.
- **3. Babies have other needs, too.** Anytime you need to get up to walk/rock them is absolutely fine. Feel free to feed/nurse however you are comfortable. For diapers, there's the bathroom with a changing station.



- **4. Babies participate differently than grown-ups.** It's ok they won't clap or sing along until they grow a bit more. They are moving or putting things in their mouth and watching you, which they love and learn from.
- **5. It's ok for you to have fun today, too!** In fact, I know I will and really hope you will, too. Babies learn by imitating people they love. Your enthusiasm for anything - a song, a book, a pretty leaf outside later - teaches baby there is a world of things to be interested in and encourages them to explore and learn.

Now let's learn a bit about you all with us here today.

INTRODUCTIONS

Let's go around the circle 1-by-1. Please tell us your name, your baby's name, and briefly why you're joining us today.

Maybe you'd like to learn new songs, or meet new people, or find new ways to help baby settle when they're fussy.

For example, I'm Emily, this is my pretend baby, Panda, and I'm here to hear from you and share fun activities for connecting with your baby and learning together.

THANK YOU, all. Since I'm so happy to see you all, let's make our first song be "If You're Happy and You Know It."

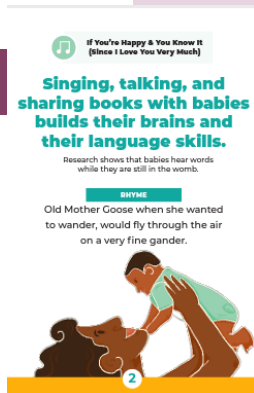
2. EARLY LITERACY BUILDING

Show Panel 2.

Lay baby on your lap facing up at you, or stretch out your legs to lay them on your legs.

Look right at baby and smile as you sing.

Clap your hands gently and slowly so baby can watch.



SESSION 1

2. EARLY LITERACY BUILDING



If you're happy and you know it, clap your hands.
If you're happy and you know it, clap your hands
If you're happy and you know it and
you really want to show it,
if you're happy and you know it, clap your hands.

Now let's change the words to "Since I love you very much I'll give a kiss." (sing another verse)



Since I love you very much I'll give a kiss.
Since I love you very much I'll give 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 give a kiss.

Let's do that again. (repeat)

Did anyone here attend our Hatchlings: Ready to Hatch class for during pregnancy? It's a great intro to how babies learn from the world around them.

Scientists have discovered that babies hear words while they are still in the womb. They remember some of what they heard after they are born. They are listening now, too!

Singing, talking, sharing books, and playing with baby builds their brains and their language skills.

Children with a strong language foundation and a positive feeling about books early on have better language skills than those who wait until later. That is why we are offering this class.

We'll give you lots of songs, rhymes, games, and tips for using books with your children from their earliest years to help build that strong foundation and positive feeling.

During the rest of the program, I will say each rhyme twice. The first time you can listen; the second time, recite the rhyme along with me. If you already know the rhyme, please feel free to say it both times.

Let's recite our first rhyme called "Old Mother Goose."

If your baby supports their own neck, you can do a lift at the end of this rhyme, or instead lift their arms.

Old Mother Goose when she wanted to wander
(tap knees)
Would fly through the air on her very fine gander.
(pick up stuffed animal and lift it in arc) (repeat)

3. CHOOSING BOOKS

Show panel 3.

Let's talk about books. To your child, your voice is the most beautiful sound in the world. They enjoy listening to you.

Reading aloud helps them connect with you and introduces them to words and language use.

Babies have short attention spans. Start by reading just 1 or 2 pages or simply talk about what you see in the book.

Young babies can see objects about 8 to 10 inches from their face or the distance to their parent's face. Be sure to share books so baby is close enough to see.

What do new babies like to see? They prefer smiling faces to faces without expression. They prefer high contrast black and white pictures over too many colors. Babies' brains are being flooded with info from all their senses. Simple images are easier for them to see and will hold their attention without overwhelming.

Good color vision usually develops by about 5 months old.

What kind of books? Board books! Sturdy pages are easier to turn, can be dribbled on, chewed on,...! and wiped clean again.

To your child, your voice is the most beautiful sound in the world.

Feel free to read just one or two pages aloud, or don't read at all. Simply talk about the book!

Quick Tips!

After birth, babies can see objects 8 to 10 inches from their face.

Tummy time should always be supervised by an adult.



Board books are safe and easy to clean. Newborns prefer high contrast black and white pictures.

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This book, *Hello, My World*, is perfect for newborns with its black and white pictures, and still fun for older babies, too.

Books can be used to jazz up Tummy Time. When baby is awake and seems most happy, put a blanket on the floor and lay baby on the blanket tummy-side down, that's Tummy Time! It should always be supervised by an adult.

Let's try it now. Take out a blanket if you have one and take the book out of your kit. Or try a fold-out book.

Can stand a book up in front of their view, or lay it on the floor. Babies often want to lift their heads to look at the pictures.

Pediatric organizations recommend giving babies Tummy Time on a regular basis to strengthen the muscles and coordination needed for rolling over, reaching, and crawling.

Start out Tummy Time slowly for newborns - just 2 mins - and over 3 months can work up to an hour split up throughout the day. Babies not as fond of Tummy Time do better lying chest-to-chest with a grownup talking/playing with them.

4. SHARING BOOKS

Show panel 4.

There are so many ways to share books.

1. Talk about what you see (sun w/ circle/triangles)
2. Ask questions (is this baby smiling?). Give baby time to figure out how to answer. If they make a grunt or sound, smile and repeat it back. Add to the answer.
3. Mention an animal and make its sound
4. Make up a song about the animal
5. Make a face - stick out tongue like a puppy

Do whatever seems fun and playful.

If baby is in carseat or stroller, how can we show a book? (demonstrate)

There are many ways to read a story...

If baby already has head control (usually at least 3 months), how can you share a book while baby is cradled in your arm? (demonstrate)

Choose a page you like. Let's take a few minutes for you to talk or sing about something on that page while sharing it with your baby. (allow 2 minutes)

Wonderful! Now let's put our books back in the bag while singing a clean up song:

**Books away, books away, put your books away today.
Books away, books away, put your books away today.**



5. SMILE & PLAY

Show panel 5.

Singing a song for clean up can make it more fun, and fun is good! Because, #1 - it's fun. And #2 - our brains want to remember happy moments, so having fun helps us learn.

Therefore it's now time for a classic - a game babies tend to find irresistibly fun: Peek-a-boo.

Peek-a-boo does it all - focuses attention, builds cognitive power by showing people/things continue to exist even when you don't see them, develops coping skills by comforting baby that separation is temporary and you always return for them, plus above all, that's right.... it's fun.

Let's play Peek-a-boo.

Peek-a-boo, I see you, (cover eyes with hands, reveal)
I see you hiding there.

Peek-a-boo, I see you,
I see you smiling there. PEEK-A-BOO! (repeat)

The brain likes to remember happy moments.

Your song is even more powerful if you smile when you sing.

Let's play Peek-a-boo. Peek-a-boo is a fun way to distract your baby.



"I've Got Something in My Pocket"
I've got something in my pocket,
it belongs across my face.
I keep it very close at hand,
in a most convenient place.
I'm sure you couldn't guess it
if you guessed a long, long while.
So I'll take it out and put it on,
it's a Great Big Loving Smile!



**Eye Winker,
Round & Round the Garden,
This is Bill Hernandez**





Babies get great delight when they look at your face, especially if you are looking right back at them and smiling.

Let's sing a song about all this smiling. "I've Got Something in My Pocket:"



I've got something in my pocket,
it belongs across my face.
I keep it very close at hand, in a most convenient place.
I'm sure you couldn't guess it
if you guessed a long, long while.
So I'll take it out and put it on,
it's a Great Big Loving Smile! (repeat)

Here's a silly song to really get everyone smiling. My 9-year-old still asks me to do this one:



Eye winker. (point to an eye - yours or your baby's)
Tom Tinker. (point to other eye)
Nose smeller. (point to nose)
Mouth eater. (point to mouth)
Chin chopper, chin chopper, chin chopper... (tap chin gently)
Guzzle whopper! (loving tickle on baby's tummy) (repeat)

Babies usually enjoy a tickle as long as very gentle.

Here's another. Put your finger in baby's palm or hand. Draw circles with your finger and sing:



Round and 'round the garden goes the teddy bear.
One step, two steps,... (walk fingers up baby's arm)
Tickley under there! (gently tickle armpit) (repeat on other side)

Here's one more rhyme that gets baby's body moving.

Sit on the floor, if possible, with legs stretched out. Lay baby on your legs facing you. Hold one of baby's legs in each hand.

This is Bill Hernandez (lift baby's L leg, gently bounce it)
And this is Juan Trim. (lift baby's R leg, gently bounce it)
And Bill asked Juan (shake L leg) (shake R leg)
To play with him. (shake both legs)
Bill over Juan, (cross L leg over R slowly)
Juan over Bill, (cross R leg over L slowly)
Bill over Juan, (cross L leg over R a little faster)
Juan over Bill, (cross R leg over L a little faster)
Bill over Juan, (cross L leg over R faster)
Juan over Bill, (cross R leg over L faster)
Over and over as they rolled down the hill! (continue reciting and increasing tempo until it becomes a mush of motions) (repeat)

6. RHYTHM DRUM

Show panel 6.

Let's talk about rhythm. Each word has it's own rhythm made up of sounds.

(Take out drum and tap for each syllable)

Rum, pum, pum. This is my drum.

Rum, pum, pum. This is my drum.

My name is Emily. What's your name?

Each small group of sounds in the word is a syllable.
My name has three syllables - Em-i-ly.

Around the circle, I'd like each baby to feel their name on the drum tapped in syllables. Parents, please take baby's hand and help them tap the syllables for their name. Jo (tap). Alli (tap tap)

Tapping the syllables helps baby become aware of the different sounds in words - an essential skill for learning how to read.

Rum, pum, pum. This is my drum. (tap each syllable)

What's your name? (pause for answer)

Hello _____! (repeat for each baby)



7. MOVE & STOP

Show panel 7.

Everyone, let's stand up!

Here's a tip: What one word do all children need to learn? (pause for an answer) That's right, STOP.

Babies of this age can not yet use or respond to the word STOP, but it's never too early to start showing the meaning of words.

Playing freeze games is a great way to introduce the word STOP in a friendly way and give them a sensation of stopping to match with hearing the word.

Let's hold our babies and walk around the circle in this direction to play. Remember to keep movements gentle.

And we walk, and we walk, and we walk, and we stop.
And we walk, and we walk, and we walk, and we stop.
And we walk, and we walk, and we walk, and we stop.
And we all turn around — WOOOOOOOOOO!

Now let's lightly sway from side to side.

And we sway, and we sway, and we sway, and we stop.
And we sway, and we sway, and we sway, and we stop.
And we sway, and we sway, and we sway, and we stop.
And we all turn around — WOOOOOOOOOO!

When you play this freeze game at home, what are other gentle movements you could use? (hug, rock, lean)

How easy it will be for baby to learn movement words if you name the movement as you are doing it!

Here's another way. Let's all face the center of the circle.

Freeze games help practice stopping!

Babies learn movement words by acting them out.



And we walk... & Handy Spandy



And we walk!

Movement Words

- Sway
- Creep
- Tip Toe
- Dance
- Walk
- Slide

Try these out!

7

Handy Spandy, naptime is dandy, we all walk in.
Handy Spandy, naptime is dandy, we all walk out.
Handy Spandy, naptime is dandy, we all turn around.
Handy Spandy, naptime is dandy, we all sit down.

Handy Spandy tells children it's time to move from standing to sitting. It's a helpful rhyme for transitions. If your baby has difficulty going from one activity to the next - like we all do sometimes - a rhyme like this can help prepare them.

Handy Spandy, naptime is dandy, we all walk in.
Handy Spandy, naptime is dandy, we all walk out.
Handy Spandy, naptime is dandy, we all turn about.
Handy Spandy, naptime is dandy, t's time to go out!

8. ANIMAL SOUNDS

Show panel 8.

Another way to help children notice all the small sounds in words to prepare for learning to read is by making animal sounds.

Yep, pretty funny, right? All the better.

To do this, let's take out the other book in your kit bag - *Wiggle! March!* Feel it. It's what's called an Indestructible book. Made of 100% non-toxic special Tyvec similar to what's used in home construction, so it's really durable. Scrunching, drooling, chewing are no match. You'll get one to take home at our 3rd session.

Let's use it to sing a song of animal sounds together. Open book to horse for the first verse. Show it to your baby and join in when you pick up the pattern:

I went to visit the farm one day.
I saw a horse across the way.
And what do you think the horse did say?
"Neigh, neigh, neigh."

Babies love listening to and making animal sounds

Making animal sounds helps children hear the small sounds in words. This helps with learning how to read.

I Went to Visit the Farm One Day & Little Frog on a Log

Wiggle! March!
Talk or sing about the pictures.

Little frog, on a log
Sings his song, all day long.
Ribbit, Ribbit, Ribbit,
Ribbit, Ribbit, Ribbit
(Kisses)



8





Now let's go to the cow picture on the next page.
 I went to visit the farm one day.
 I saw a cow across the way.
 And what do you think the cow did say?
 "Moo, moo, moo."

Now the sheep picture.
 I went to visit the farm one day.
 I saw a sheep across the way.
 And what do you think the sheep did say?
 "Baa, baa, baa."

Recognizing small parts of words can be fun and it's perfect prep for reading. Let's clean up with our "Books Away" song:

Books away, books away, put your books away today.
 Books away, books away, put your books away today.

Here's another animal sound. Please take out the frog finger puppet and put it on one of your fingers. (demonstrate)
 Bend your other arm as a log.



Kisses to your baby can be used in place of the word "Ribbit!"
 Little frog, on a log,
 Sings his song, all day long.
 Ribbit, Ribbit, Ribbit,
 Ribbit, Ribbit, Ribbit (repeat)

Remember you'll get a songbook with the words to everything we sang here today. We hope you will continue singing the songs at home with your babies.

At our 4th session, the frog puppet is your gift. Let's put these frogs away with the clean-up song:

Frogs away, frogs away, put your frogs away today.
 Frogs away, frogs away, put your frogs away today.



9. MAKE MUSIC

Show panel 9.

Let's take the shakers out of the kit now - one for you, one for baby.

At this age, baby can maybe hold it or put in mouth. These are disinfected so ok to do so, babies explore in whatever way they can and mouths are part of it when safe.

Soon they'll learn to shake to the beat. Let's try it. So as not to startle baby, best to shake very gently and softly.

We'll all shake our shakers, we'll all shake our shakers,
 We'll all shake our shakers because it's fun to do.
 Shake them up high. (shake high in high voice)
 Shake them down low. (shake low in low voice)
 And shake them in the middle. (shake in front, normal voice)
 (repeat)

Traditional Mother Goose rhymes have lasted and are good for baby's development because they have steady beats, rhyming patterns, and unusual words.

Sometimes it's fun to update those words. For example, Who here has tasted Pease Porridge Hot, what is that? Let's keep the beat and change the words - to pizza!

Let's shake the beat as we say the rhyme (start beat first):

Pizza, pizza hot. Pizza, pizza cold.
 Pizza, pizza in the box, nine days old.
 Some like it hot. Some like it cold.
 Some like it in the box, nine days old. (Yummy?) (repeat)

Make putting away shakers a fun game with a clean-up song:

Shakers away, shakers away, put your shakers away today.
Shakers away, shakers away, put your shakers away today.

Changing the words to songs and rhymes keeps them fun.

We all Shake our Shakers, Pizza, Pizza, Hot & Shakers Away

Pizza, pizza hot.
 Pizza pizza cold,
 Pizza, pizza in the box, nine days old.
 Some like it hot.
 Some like it cold.
 Some like it in the box,
 nine days old. ICK!



Shakers away, shakers away, put your shakers away today. (Repeat)
 Singing clean up songs makes cleaning up fun!



10. LULLABIES

Singing lullabies calms and relaxes babies.

Rocking motions and hearing your heartbeat calms them down.



Too Ra Loo Ra Loo Ra

Too Ra Loo Ra Loo Ra, Too Ra Loo Ra Lie,
You're my little hatchling,
so here's a lullaby.
Too Ra Loo Ra Loo Ra, Too Ra Loo Ra Lie,
Let's both relax together,
resting - you and I.



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Show panel 10.

All that excitement today, time for some calm. Let's sing a lullaby. They help babies and parents relax.

Hold babies close where they can hear your heartbeat. Rock gently side to side. This often relaxes and calms baby. Singing a soft lullaby with your beloved voice is icing on the cake.

Feel free to use baby's name in place of the word "hatchling" in this next song:

Too Ra Loo Ra Loo Ra, Too Ra Loo Ra Lie,
You're my little hatchling, so here's a lullaby.
Too Ra Loo Ra Loo Ra, Too Ra Loo Ra Lie,
Let's both relax together, resting - you and I. (repeat)

Songs and books are a very inviting way to bond with baby. For you and also other loved ones. In person or even over a phone call, it can be lovely to ask a family member to sing baby a little song or read a bit of a favorite book. Babies benefit from sensing that the words are being lovingly sent right to them.



11. LIBRARY INFO

Show panel 11.

Libraries are places for finding answers to your questions.

Librarians help people find what they are looking for. Here are some things you can find at the library:



Books



Friendly and helpful librarians



Computers

Libraries welcome parents and babies.

Meet other families with babies at the library. Meet future friends during library programs.

Free library cards for borrowing many things!

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We're so glad you came to this class at our library. I'll hope you'll be back next week. And come anytime to visit me and colleagues who will love to see you, too.

We're here to help you find whatever you are looking for. You can always feel comfortable asking us questions. We have books and online resources.

Anyone can get a library card and borrow books, toys, music, DVDs, streaming services, all for free. Check out this display for items to borrow today! Booklist for new families in your gift bundle today.

There are so many classes for babies, children, teens, adults - a great way to find new ways to play with baby and to meet other parents.

No need to worry about babies making noise, libraries are no longer SHUSH ZONES. We have play areas and classes full of music and love seeing families playing here together. There is a calendar of classes in your gift bundle today

12. LIBRARY SONG

Show panel 12.

13. CLOSING RITUAL

Show panel 13.

I'm going to close class with a celebration of 4 important things we did today, that you can do any and every day to help your baby learn.

Talking. Singing. Sharing books. Playing.

A variety of happy experiences with language helps baby learn so much. The more individual words that a child knows by kindergarten, the easier it is for them to learn to read, and it ripples positively into their entire education.

You build your growing child's vocabulary every time you talk, sing, share books, and play together.

Talk, sing, share books and play.
Talk, sing, share books and play.
Talk, sing, share books and play.
Talk, sing, share books and play -- Today! (repeat)

We did so much together today.

With a new baby, you already do a lot every day!

The more words your baby learns, the better!

Talk, sing, share books, and play with your child.



Talk, Sing, Share Books, and Play

DISCUSS:

Name one new idea from this session that you expect to practice at home with your baby.



13



Having a baby can be exhausting! New parents often feel tired, unsure, vulnerable. Not surprising since the new responsibility in your life needs so much attention and you are probably not getting a full night's sleep.

Despite this, you all made the effort to come here to learn more about your babies and new ways to talk, sing, share books, and play with them.

These babies are really lucky to have you as their parents!

We will be offering three more sessions at the same time in this location every week for the next 3 weeks. This is week 1 so please return for sessions 2, 3, & 4!

I hope you found this session fun, with lots of good info. Let's go around the circle and can each person tell us one new idea or action from this session that you hope to practice at home with your baby?

14. QUESTIONS?

Show panel 14.

Thank you, everyone!

Does anyone have any questions?

(discuss)

Everything we've played with today is going to be sanitized. I'll collect the kits now.

When you fill out the survey and return it before you leave, you will get a fresh, new copy of the board book we used today and the rest of this gift bundle with a tote bag for all the gifts you'll get from us each week.

I hope after these 4 Hatchlings classes have finished, you will use all of the items we've given you at home with your baby AND you'll join us again for more library classes.

Questions?



Please return the kits & fill out exit surveys



Take a book, a bag, a calendar, and a Hatchlings songbook

Let's take a group photo! Make sure your nametag shows.

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Now I'd like to ask if we can take a quick GROUP PHOTO to help document and develop our program.

TAKE PHOTO!



15. THANK YOU!

Show panel 15.

Thank you so much again for coming today! It's truly been my pleasure and I look forward to seeing you next week!

Feel free to stay and chat another 15 minutes or so. I'll be here too if you have other questions for me.

But FIRST! Please come to the front to get a survey, and don't forget your gift bundle when you return the survey!

COMPLETE SURVEYS!

HAND OUT GIFT BUNDLES!



15