

Session 4

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.

1. WELCOME

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

Welcome to the *Mother Goose on the Loose: Hatchlings*
– *In the Nest* class series, Session 4, our last session!

Thank you for being here. Wonderful to see our
returning families!

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

-Mom of 2 babies who have grown, grown, now pre-teens!

-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 all 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 learning & 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!



HOUSEKEEPING

Since this class is new, we have asked for your feedback with a survey at end of class. This info helps us make the class its best & secure funding for more classes. Thank you for helping us!

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

-So far: Tote bag, Board book, Shaker, Indestructible. Early lit activity calendar, resources from library, info from our class.

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

-This week: frog puppet, panels from class 4

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!** 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 bit of sparkly frost 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/age, and briefly why you're joining us today. If you've been here before, something from class you've enjoyed with your baby at home.

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

THANK YOU, all. Let's all get comfy with babies lying on laps for our first rhyme.

2. EARLY LITERACY BUILDING

Show Panel 2

Studies show that the # of words children know & use when entering kindergarten affects their entire education, making it easier to learn how to read, which is key to even more learning.

It's easy to build vocab: all you need to do is talk, sing, share books and play with baby. You don't need lot of money or a special degree.

The more words your child knows, the easier it will be to learn to read.

Children learn words when you talk, sing, share books, and play with them.

 **Talk, sing, share books and play**

RHYME
Old Mother Goose when she wanted to wander, would fly through the air on a very fine gander.



Connecting with your baby with a smile and some conversation is most valuable of all. Benefits are lifelong.

Here's a song about how you can spend fun time together that also builds baby's early literacy skills.

Today, I'll do each rhyme/song twice. 1st time listen, 2nd time join or do both times if already know it.



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)

Let's do a playful rhyme - "Old Mother Goose."

Bounce baby on lap, end with lift, support baby's neck.



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

3. SHARING BOOKS

Tummy time strengthens baby's head, neck and upper body muscles.

Tummy time should always be supervised by an adult. It can be on a blanket or chest-to-chest.

ACTIVITY

Describe to your baby what you see in the picture. Talking teaches the names of things.



Describing emotions will help your baby have words to communicate feelings. Looking at pictures trains eyes for reading.

ACTIVITY
Pretend your fingers are feet. Run for your umbrella, it's raining!

3



Show panel 3.

Time for a book! Last week, we used this book, *Hello, My World*. Let's take them out of our kits.

Newborns prefer high contrast until color vision develops ~ 5 months, focuses/strengthens eyes. And they love pictures of familiar things like faces, pets, toys, nature...

We've also talked about the importance of tummy time, when babies spend time on their tummies looking at interesting objects or people! Strengthens their neck and upper body muscles.

If baby is up for it, place a blanket on the floor for baby. If they don't love it, at home you can try lying down and placing baby chest-to-chest.

Open the book to stand in front of baby. Choose a picture that looks fun and get down with baby to talk about it together. Remember to pause a bit for their sounds and repeat back any.

Maybe describe aloud what you think baby is seeing. Talking about what they see teaches them the names of things.

PAUSE 1/2 MIN

Baby's eyes move across to look from picture to picture. They pick up cues from our looking and pointing. This trains and strengthens eye muscles for reading words, sentences, pages!

Let's try the page with rain.

1. Tell a little story, Oooh it's a rainy day! The rain is pouring down. See the cloud? The rain is pouring down from the cloud.
2. Play a little game. Tap fingers on baby's head/shoulders. It's raining, Quick let's get out of the rain!
3. Sing about rain.

4. PARTS OF BODY

Show panel 4.

There's a classic nursery rhyme about rain. It starts like this:

**It's raining, it's pouring.
The old man is snoring.**

Each week, we've been encouraging you to feel free to change the words to songs. So here's a new version from the point of view of a very active little baby who likes to wake up early in the morning.

Naming parts of the body and movement builds vocabulary.

It's Raining It's Pouring / Rain, Rain, Go Away
Books Away
Two Little Eyes to Look Around

Two little eyes to look around,
Two little ears to hear a sound.
One little nose to smell
what's sweet...
(take a deep smell)
And one little mouth that likes to eat!
(mmmmmm)

Put Your Finger in the Air

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It's raining, it's pouring.
So I can't go exploring.
I'll go to bed with a kiss on my head (kiss on head)
And I'll wake up my parents in the morning! (repeat)

Maybe this tune reminds you of one from your childhood. or your parents/gparents singing to you. Try to remember songs & share them with baby. Lovely to pass along family traditions.

¡HOLA!

Songs in any language are great. Speaking more than one lang with baby is great - NOT confusing. Their young brains are sponges and soak everything up. Can learn two languages at the same time. Studies show people with bilingual brains find it easier to pay attention and switch between tasks.



Let's put our books back in the bag with a clean up song:
Books away, books away, put your books away today.
Books away, books away, put your books away today.

Babies love watching their bodies move. It helps develop their sense of self. Mirrors are fun to look and realize it's them.

Being able to talk about their bodies is useful vocab. Here's a rhyme that teaches body parts & names what they do:



Two little eyes to look around. (look side to side)
Two little ears to hear a sound. (tug ear)
One little nose to smell what's sweet. (deep breath in)
And one little mouth that likes to eat! Yum yum! (repeat)

Here's another body song to the tune of "If You're Happy and..."



Put your finger in the air, in the air. x2
Put your finger in the air, and wave it way up there.
Put your finger in the air, in the air.

Put your finger on your nose, on your nose. x2
Put your finger on your nose, now touch it to your toes.
Put your finger on your nose, on your nose.

Put your finger on your knee, on your knee. x2
Put your finger on your knee, count together 1,2,3.
Put your finger on your knee, on your knee.

5. REPETITION

Show panel 5.

That song has a lot of repetition. Repetition is great. Repetition helps baby learn what comes next, and then they can predict it. Yay, repetition!

Here's another song that repeats some more to name body parts and what they do.

Can you clap with two hands, two hands, two hands?
Can you clap with two hands? Clap, clap, clap, clap, clap.
(repeat, continue with more verses: wave with two arms, kick with two feet, roll from side to side)

Repeat these songs/rhymes! Children enjoy repetition and learn more each time they hear it. Sing this one often and you'll see baby start to imitate your gestures!



6. MOVEMENT

Show panel 6.

Movement fires up the brain and helps learning. Watch baby's face and talk about their reactions.

Just as important as learning about moving, is learning about stopping.

Playing freeze games introduce the word STOP in a fun way and give baby the feel of stopping to match with hearing the word. They learn what STOP means and how to respond.

Everyone, let's stand up for a freeze game. Hold 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!

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

Here's another song to describe our motions as we do them to build vocabulary while having fun.

(tune: "Here We Go Looby-Loo")

Here we go in, in, in
 Here we go out, out, out
 Here we go in, in, in
 And we turn ourselves about.
 Here we go up, up, up
 Here we go down, down, down
 Here we go up, up, up
 With the sweetest baby in town (end with a kiss or snuggle)
 (repeat)

While we're in a circle, let's do the Hokey Pokey. Instead of the traditional last line, we'll say "I love you without a doubt!"

You put your hand in, you put your hand out.
 You put your hand in, and you shake it all about.
 You do the hokey pokey and you give a little shout, woo!
 I love you without a doubt!
 (repeat for foot, head, whole self)

Now our transition song to get back to our seats.

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.



7. ANIMALS

Show panel 7.

Let's take out the Indestructible book. Very durable! We've used it as a springboard to talk and sing with baby. Can anyone think of an animal song we haven't sung before? (Old MacDonald, BINGO, I Am The Walrus or Blackbird by the Beatles, When Doves Cry by Prince, Karma Chameleon by Culture Club)

Let's sing our song about animal sounds, which are very playful and help baby notice all the different sounds that make up words, great reading/writing preparation.

I went to visit the farm one day.
 I saw a duck across the way.
 And what do you think the duck did say?
 "Quack, quack, quack."

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."

Can use this tune to sing about any ordinary thing you are doing together with baby.

I went to visit the store one day.
 I saw a carrot along the way.
 What color was the carrot that day?
 Orange, orange, orange. (repeat)

Can anyone call out something ordinary you do together with baby? There ya go, you can make a song about that!

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

Talk to your baby about the things that you see.

I Went to Visit the Farm One Day & I Went to Visit the Store One Day

Talk and sing about daily life: I saw a carrot along the way. What color was the carrot that day? Orange, orange, orange.



QUESTIONS

Did anyone use this song last week? New ideas for this song? What else can we sing about?

Books Away



8. PUPPETS

Show panel 8.

Let's take out the frog finger puppets now.

Puppets are a great way to mix up play time.

I dropped my frog, pick it up, pick it up.

I dropped my frog, pick it up, pick it up,

I dropped my frog, pick it up, pick it up,

And put it on my stomach.

(repeat, continue on another body part like head)

Puppets make singing even more fun!

If you think your baby needs some entertainment, sing this song with your frog puppet.



I Dropped My Frog
& Little Frog on a Log

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



All the songs we've sung during Hatchlings are in the song booklet, which you'll receive at the end of the session.



Frogs Away

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Let's do another:



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



The frog puppet is your take home gift today! Use with supervision because of the eyes. Put back into kits for now.



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

9. EXPLORE WITH SHAKERS

Show panel 9.

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

At this age, baby can maybe hold it or put in mouth. to explore. To be safe, remember anything that fits in a toilet paper tube is a choking hazard, so supervise.

Exploring is very important. An instrument like a shaker gives a lot to explore. See how it moves, hear its sounds, feel the texture and movement.

Babies are little scientists - they are always testing and trying things.

Changing the words to songs and rhymes keeps them fun.



Rhyme: Pizza Pizza Hot
Song: Wheels on the Bus
Name the pizza you are eating!

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



Playing is an important way kids learn. There was a great study about preschool children using a new toy that could do lots of things. One group was shown some of the things it could do, while the other was just given the toy to explore on their own.

Guess which children enjoyed playing with the toy longer and figured out more of the things the toy could do? **The ones who explored their own way.** That's why we make sure babies also have time to explore their own way, in addition to teaching and playing with them. In both cases, they learn best by doing. And that's what they've been doing now while we were talking!

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)

Now let's shake to the beat of a happy song. Take out the SONGBOOK with the words to everything we sing and more. Make sure you have one for at home. I hope you will continue singing the songs at home with your babies. Page #5

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)

Talking about baby's smile and other expressions on their face puts words to emotions. Mirror and talk about expressions.

Long before they can use words, babies can understand a look on your face and hear what that emotion is called. Later, having the words to express their emotions helps them relate better with other people and get what they need.

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

10. LULLABIES

Show panel 10.

After all that fun today, time for some calm.

At the end of the day, it feels so wonderful to snuggle up close and send baby off to dreaming with a nice lullaby.

Or, a lullaby can create a relaxing moment anytime they - or you - need one.

Hold baby close where they can hear your heartbeat. Rock gently to relax and calm baby. Singing a soft lullaby with your voice that they love so much is icing on the cake.

This is an Irish lullaby with a slow pace and soft melody.

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)

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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11. LIBRARY INFO

Show panel 11.

This is our last session! I'm so happy you've joined us here and you can still bring baby to the library anytime to visit.

It's a great place for finding answers to your questions about baby or anything else. Anyone in MD can get a library card for free and borrow books, toys, more. Check out this display for items to borrow today! Booklist for new families in your gift bundle.

You don't even need a library card to come here and play in the children's area, join other classes, share books, use computers, meet other families. There is a calendar of classes in your gift bundle, too

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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12. CLOSING RITUAL

Show panel 12.

Let's go around the circle one more time and ask whoever is comfortable sharing one idea/song/rhyme that you plan to use again at home. Or how have you noticed baby responding to these?
(pause while group members share)

Babies, I hope you've enjoyed this class. Grownups, I hope you have, too! I certainly enjoyed meeting you and doing all these fun and playful and adorable activities with you.

I hope you all have good info you can use as baby grows to keep talking, singing, sharing books, and playing 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)

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

Parents are their babies' first and very important teachers. Watch carefully when your baby plays with the frog puppet. Play with the puppet or shaker should always be supervised.

QUESTION

Share something about your experience today, or about the Hatchlings program. Do you sing, play, share books, or talk more with your baby?



My Little Baby is Going to Sleep

14



13. QUESTIONS?

Show panel 13.

Does anyone have any questions? (discuss)

****OPPORTUNITY FOR GUEST PRESENTER****

Questions?



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

15

14. THANK YOU!

Show panel 14.

Thank you so much again for coming today! It's truly been my pleasure.

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

I'll collect the kits now & hand out surveys.

First, take our your frog puppet, it is yours to keep!

Thank you for taking a few minutes to complete the evaluation survey one more time today! As this is the last class in the series, we'd like to get a survey from everyone.

Your feedback is very important to us and will help to secure funding for more of these classes and materials.

Please pay particular attention to questions 11 and 13. These are the two-part questions that ask you to think back and rate your knowledge of the content and confidence with the activities **before** you attended In the Nest, and then **after** being part of these classes.

When you fill out the survey, please bring it to me before you leave, pick up a new Headlines page, & rest of gift bundle if haven't already.

Before we all pack up, I'd like to ask if we can take a quick GROUP PHOTO to help document and develop our program.

TAKE PHOTO!

COMPLETE SURVEYS!

HAND OUT GIFT BUNDLES!

