

Script Topics and Song Titles for *Ready to Hatch*

- Early literacy begins before birth
 - singing aloud and sharing books aloud helps a baby's brain development and health
- Babies inside the womb hear what you are saying or singing.
 - Fetuses can hear sounds as early as 20 weeks.
 - Because a fetus can hear your voice, reading aloud is beneficial.
 - Exposes them to early language and words
 - They learn to recognize your voice and speech patterns
 - Reading aloud may be calming to your fetus
- No matter what your voice sounds like, to your child it is the most beautiful sound in the world.
 - Don't worry about the quality of your singing.
 - After birth, babies are comforted by hearing the songs you repeatedly sung to them while they were still in the womb.
 - After birth, babies are comforted by hearing and recognizing the stories you read to them while they were still in the womb.
- The brain and how it works:
 - Parts of the brain: neurons, roots, dendrite spines, axon, cell body.
 - Experiences create synapses; that is why repetition is a great way to learn!
 - Synapses have weight and are formed through connections.
 - The foundations of the brain are built in the earliest years of life; that's why what we do with our children in the earliest years makes a difference.
 - The roots for social, emotional and economic success are strengthened by synapses made in early childhood.
 - Hearing words through conversation and songs helps to build your babies' brains, even before birth!
 - Within hours of birth, babies can pick out their parents' voices from others.
- The four practices: talking, singing, sharing books, and playing helps your child's development in many important ways
 - Get them ready to learn how to read
 - Familiarize them with books and get them to like books
 - Increases parent/child bonding

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- Cardboard books are great for babies because they are not easy to destroy and are easy to clean.
 - Black and white are the easiest colors for newborn babies to see
 - Most babies have good color vision by 5 months old.

- Research shows us that having a strong foundation in any language will make it easier for babies to learn English.
 - If you know a different language, share it with your baby!
 - Hearing more than one language increases synapses.

- There are many different ways to share books with your fetus/baby
 - Read just a couple of pages aloud
 - Talk about the pictures instead of reading the words.
 - Point to the illustrations as you talk about them.
 - Ask questions about the pictures
 - Connect the pictures with words for everyday happenings and objects
 - Sing a song about the story or about the pictures.
 - Sharing a book 10 minutes a day with your fetus/baby is plenty.

- Children learn best when they feel safe and are happy.
 - Children don't get bored with the same book; they love the repetition!
 - Choose a song and book to use over and over again.
 - Creating a familiar ritual and using it regularly lets your babies know what to expect and helps them feel safe.

- Flexibility is fine!
 - Feel free to change the words of rhymes and songs.
 - Sing any song you like, it doesn't have to be a baby song.
 - Make your own musical instruments from simple items, like a plastic container and uncooked rice.
 - Clap to the beat as you recite a rhyme.
 - Sing songs that mention love or caring.

- Singing to your fetus (and to your baby) has lots of benefits.
 - Feel free to dance while you are singing.
 - Naming the parts of the body and their movements through a song, helps children build vocabulary.
 - Any song can be a lullaby if you sing it slowly and softly.

- The soft, slow pace of a lullaby helps both you and your baby to relax.

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- Gently rocking or swaying reminds babies of when they were in the womb, and it is comforting.
- Keep a lullaby “in your pocket” so you can pull it out when you need it!
- Pass down traditional songs and stories that have been in your family for generations by singing lullabies to your baby that your parents or grandparents sang to you.

- Depression after birth is common; seek medical care if this happens to you.

- Take care of yourself! Recommendations of self care:
 - Eat nutritious food.
 - Rest when you are tired.
 - Walk carefully in the final months of your pregnancy; it can be hard to balance with a growing baby inside of a growing belly.
 - Drink water so you don't dehydrate.
 - Go to your doctor or clinic for prenatal care.
 - Choosing a pediatrician BEFORE your baby is born eliminates stress.

- The library is a great place to visit!
 - If you're not sure your baby is healthy enough to go to the library, ask your pediatrician.
 - Librarians can help you find information.
 - Visiting the library and borrowing materials is free.
 - Libraries offer free family programs for children of all ages, and their adults too!
 - Most public libraries have play areas just for children.
 - Librarians love seeing children playing with their parents and other children.

- Celebrate your changing body and upcoming birth!

List of songs and rhymes in *Ready to Hatch*

List of songs and rhymes in *Ready to Hatch* Instructional Guide

Talk, Sing, Share Books and Play

Hello Everybody / Hello Sun

I've Got Something in My Pocket

Can You Kick With Two feet?

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Outside it is Hot (to the beat of *Pease Porridge Hot*)

Hokey Pokey

Wheels on the Bus (regular)

Wheels on the Bus (animals)

I Have a Little Shaker

Twinkle, Twinkle (regular)

Twinkle, Twinkle (What a lively baby you are!)

Library Song (Oh, the place for you and the place for me)