

Hatchlings

READY TO HATCH

Cheat Sheet



Activity



Book



Song

Panel 1

- Welcome to *MGOL Hatchlings - Ready to Hatch*. Give description.
- Fill out paperwork (research & photos for articles and conference presentations)
- Be enthusiastic / cell phones away
- Introductions around the circle, giving names and sentence or two why they are here. Give personal greeting after each intro.
- Early literacy begins BEFORE birth. By coming here you are giving your future child a head start.
- Singing aloud and sharing books helps babies' brain development and health, even in utero!
- At the end of the session, you'll get a songbook, a handout with all of the panels and (*fill in the blank*)
- Please give feedback by filling out a survey at the end of the program

Panel 2

- Brain basics (*using hands*). There


are billions of neurons at birth.

- The roots send information to other neurons
- The axon transmits signals from the roots to the dendrite spines on the top.
- Dendrite spines come out of the cell body. They receive and respond to signals.
- When roots of one neuron receive input from another neuron, their dendrite spines connect.
- This connections is called a synapse and it adds weight to the neuron by making the dendrite spines bigger and thicker as they absorb new information.
- Walk around room and show how learning takes place.
- Since nothing happens exactly the same way twice, each new experience the child has builds the brain.

Panel 3


- Brain growth chart.
- The brain gains weight when the fetus is in utero- 75% by age 2.
- Each connection (synapse) formed adds weight to the brain.

- The most weight is gained by age five; when the foundation of the brain is being built.
- Social, emotional, and economic success is based on that foundation.
- Four simple things to do, starting now, will build a strong learning foundation for your baby: Talk, sing, share books and play.

 “Talk, Sing, Share Books, and Play”

- Sing with me!


Panel 4

 *Hello, My World* - will be your gift for coming today.


- Sturdy cardboard books are good for babies, safe and easy to clean.
- Newborns prefer high contrast black and white pictures. Color vision develops at around 5 months old.
- Fetuses hear sounds as early as 20 weeks, so don't wait until the baby is born; read aloud to your baby now!
- They will recognize your voice and speech patterns. Once they are born, your voice will comfort them.
- Reading or speaking in ANY LANGUAGE boosts the brain and increases synapses.

- Repeating the same song, rhyme, or book before your baby is born creates a familiar, comforting rituals. Repetition builds connections with you, language and literacy skills.
- To your child, your voice is the **MOST BEAUTIFUL SOUND IN THE WORLD.**

Panel 5

 *Hello, My World* - Share books in different ways: Look at the pictures and talk about them.


- For example “Here is a bird.” “And here are two legs,” etc.
- Or talk about the patterns while sharing memories: “These black and white squares make a checkerboard!”
- Connecting pictures in books with words for everyday things in the world gives your babies building blocks for communication skills.

 Activity: Take your books out of the kit. Choose a page to describe what you see or tell a nice memory it brings up. (*Pause for two minutes*)


Ask: Have you talked about the pictures in a book before? Was it easy to do? Did you like doing it? What picture did you use and what did you talk about?

 Sing “Hello Everybody, Yes Indeed.”

Panel 6

-  “Hello Sun, Yes Indeed” and additional verses
- Sharing books with your fetus now will make it more comfortable for you to share together once your baby is born.
 - Your babies will recognize the words and the sound patterns they hear while in the womb, which comforts them when they need calming. Children love repetition.
 - No need to speak loudly.
 - 10 minutes a day of sharing books is enough! It will build strong language skills, a love for learning, and a strong connections with you.

Panel 7


- It’s important to smile and create happy experiences with your babies. Here’s a song to remind you to smile.
-  “I’ve Got Something in My Pocket”
(Lyrics are on the panel.)
- Studies show that children learn best when they feel safe and happy,
 - Joyful experiences help form a strong learning foundation for your child because their brain WANTS to remember them.
 - You can change words in songs to include love and positivity.

Panel 8



- Babies like watching their body parts move.
- Naming the body parts and their movements in songs builds babies’ vocabulary.
- As you sing and move, you may notice your fetus singing and moving, too!
- Sing this song when you feel your baby kicking inside!

 “Can You Kick With Two Feet?”


- Feel free to make up your own verses.
- If you’re not in the mood to sing, recite a rhyme and clap to the beat.
- Here’s a rhyme for parents-to-be who are craving pizza!

 “Pizza, Pizza Hot”

Panel 9

-  Raise your hand if you like dancing.
-  “The Hokey Pokey” with words changed to let children know that you love them.

Panel 10


-  Who here is a professional singer?
- A parent’s voice is the best voice to their babies. After hearing your voice in utero, they love hearing it again after they’ve been born.
 - Singing to your baby is a gesture of love.


 “The Wheels on the Bus”


- Changing the words to songs and rhymes keeps them fun.

 “On Our Way to the Hospital”


- Children love animals, so once the baby is home, you may want to sing some of these versions. For instance, if you see a cat, sing:


 “The cat that I see goes meow, meow, meow...all through the day.”

 Show an illustration of a puppy and sing: “The puppy on the page goes woof, woof... all through the day.”

 Or if you see a truck sing: “The truck in the street goes vroom, vroom, vroom.”

Panel 11

 Is anyone here a musician? What do you play?

 Show shaker of empty water bottle with uncooked rice. Ask: “How else can you make a shaker?”

- Because safety is of utmost importance, show your homemade shaker to your pediatrician before using it with your baby.
- We’ll offer *Hatchlings: In the Nest* where you and your baby will get a shaker to keep. (*Say the date of upcoming session.*)

 “I Have a Little Shaker” (*lyrics are on the panel*)

Panel 12

- The soft, slow pace of the lullaby helps you and your fetus to relax.
- Since babies remember songs you sung before their birth, it will comfort them.
- All babies have cranky moments; knowing a lullaby to calm them is essential.

 “Twinkle, Twinkle, Little Star “


- Ask: Do you remember a lullaby that your parents or grandparents sang to you? Sing that, and pass on the family traditions!
- Any song can be a lullaby as long as you sing it slowly and softly. If you don’t want to sing, you can hum a lullaby.

 “Wheels on the Bus”

- Lullabies help parents relax, also!

Panel 13

- Libraries have terrific free services. They have play spaces, and children aren’t expected to be silent.


 “Oh the place for you and the place for me is local public library”

Panel 14


- Librarians are here to help you find the information you need.
- Libraries have lots of resources for you. Books on pregnancy, videos, self-care, etc.


READY TO HATCH | CHEAT SHEET

- Self-care is very important. (*Mention tips listed on panel*)

 Ask: Do you have a self-care strategy that you would like to share with us?

Panel 15

 Ask: Does anyone have a question or questions about anything we discussed here today?

 Ask: Can you share one thing you learned today that you consider important or something we did here that you plan on doing at home?

- *Hatchlings* was created especially for parents-to-be, but there is more than just this one session! We will be offering this same session again on (*say date*) and you are welcome to return.
- Your song sheets have a web address and a QR code at the bottom. Please scan in the QR code on your phone it takes you to a website where all of the songs we used today are recorded. If you forget any of the tunes, this is a great reminder!
- *Hatchlings: In the Nest* for you and your baby will begin on (*say date*), after your baby is born.
- It is a continuation of this program designed for you and your baby in the first four months.
- It will be a four-part series where you will learn new skills, songs,


etc., and practice weekly what you learned the week before.

- You'll have time together with other parents and children, you will get another cardboard book AND everything I showed you earlier from the *Hatchlings* kit!
- I'll hand out surveys shortly. Please check the box at the bottom of your survey to be reminded before the *Hatchlings: In the Nest* program begins.

Panel 16

- Please return the kits and fill out the exit surveys.
- You will be getting a cardboard book and a song sheet so you can practice talking aloud, singing songs, reading aloud, or sharing books at home.
- Hand each family unit a book, a calendar, and a *Hatchlings* song sheet.
- Let's end with a song about all the things you can do to help your baby, before birth and afterward.

 "Talk, Sing, Share Books, and Play"

 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.