



List of Topics for Each Session

In the Nest – Session 1

- Babies are unpredictable (and thus, how to act during in-person and virtual combined sessions).
 - It's okay if your baby makes noise, but feel free to leave the room or mute yourself if it becomes very loud. Please come back when your baby has calmed down.
 - It's normal for babies to wiggle and seem to not pay attention.
 - Don't worry if they seem distracted; they are absorbing everything.
 - It's okay if they fall asleep (don't wake your baby!).
 - You can learn the songs and rhymes and do them with your baby later!
- Parents are babies first teachers.
- Babies hear words while they are still in the womb.
- Children who have a strong language base and a positive feeling about books from early on have better language skills than those who wait until later.
- To your babies it is the most beautiful sound in the world.
- Because babies don't have a long attention span, try talking about the book.
- After birth, babies can only see 8-10 in from their face so that's why it is best to share books with them while they are sitting on your lap.
- Babies prefer smiling faces than those without expression.
- At birth, the babies brains are flooded with information, that's why it is best to share black and white books rather than colored pictures.
- Benefits of board books
 - Sturdy and will not be destroyed by rough handling.
 - Easily disinfected.
 - Small size means easy for babies to hold.
- Tummy time on a regular basis is good for strengthening head, neck and upper body muscles + develop coordination needed for rolling over.
- For safety, it is crucial for babies to sleep on their backs.
- Peek-a-boo helps babies focus attention and develop coping skills.
- Babies enjoy tickling as long as it is gentle.
- Playing freeze games introduces your children to word "STOP" and its meaning in a non-panicky way.

- Phonological awareness is a skill needed for learning read.
 - Making animal sounds helps to develop phonological awareness.
 - Tapping names on the drum enables children to become aware of syllables and sounds in words.
- Cleaning up songs makes cleaning up fun, it inspires children to willingly put things away.
- Offer family members some ways to interact with your baby on Zoom.
- Feeling the rocking motion during a lullaby reminds the baby of being in the womb
 - This often calms them down.
- Public libraries are useful resources... And they are free.
 - They have physical play space, programs, and materials for your baby.
- 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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In the Nest – Session 2

- Babies are unpredictable (and thus, how to act during in-person and virtual combined sessions).
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 - It's normal for babies to wiggle and seem to not pay attention.
 - Don't worry if they seem distracted; they are absorbing everything
 - It's okay if they fall asleep (don't wake your baby!).
 - You can learn the songs and rhymes and do them with your baby later!
- Parents are babies first teachers.
- Interactions between you and your baby are the best way to foster language learning.
 - Having a strong language base helps children become good readers.
 - The more you talk to your baby, the more they will understand and recognize different types of words.
- Babies learn best when they are happy and know you are listening to them.
- Tummy time on a regular basis is good for strengthening head, neck and upper body muscles + develop coordination needed for rolling over.
- Babies visual preferences.
 - Black and white are the easiest colors for newborn babies to see.
 - Babies like smiling faces.
 - Close, clear pictures.
- Repetition isn't boring, it is the best way for babies to learn (songs, rhymes, stories).
- Peek-a-boo is a great way to distract the baby.

- Using songs with your babies:
 - Songs like Handy Spandy prompts your babies to do what you want them to do in a fun way.
 - Cleaning up songs makes cleaning up fun, it inspires children to willingly put things away.
 - Feel free to substitute your baby's name in lullabies and other songs.
- Babies can't do much with the shaker, be patient, soon enough they will!
 - For now just let them enjoy playing with it.
 - They will enjoy watching what you do.
- Some rhymes are too old fashioned, feel free to change them.
- Public libraries are useful resources.... And they are free.
 - They have physical play spaces, programs, and materials for your baby.
- 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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In the Nest – Session 3

- Babies are unpredictable (and thus, how to act during in-person and virtual combined sessions).
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 - It's normal for babies to wiggle and seem to not pay attention.
 - Don't worry if they seem distracted; they are absorbing everything.
 - It's okay if they fall asleep (don't wake your baby!)
 - You can learn the songs and rhymes and do them with your baby later!
- Parents are babies first teachers.
 - Your babies don't care if you can carry a tune.
 - To them, your voice is the most beautiful sound in the world.
 - Babies love chanting - try that if you don't want to sing!
- Early speech and language skills are associated with success in developing reading, writing, and social skills.
- 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.
- Any interaction you have with your babies strengthens their communication skills.
 - Having a strong language base is key to helping babies grow to become good communicators while also building their brains.
 - Having conversations with your babies increases their vocabulary.
 - Having conversations with your babies gives them a better understanding of language.
 - Even if only using baby talk (Parentese), back-and-forth conversations are a great way to teach your baby the give-and-take of adult conversations.
 - Smiling and mirroring facial expressions reinforces communication.
- Babies like lots of things!
 - Babies like seeing pictures of familiar things (faces, animals, clothing, toys, other babies).
 - Even if they don't yet have the muscle skills to shake their shakers, babies enjoy watching YOU shaking the shakers.
 - Babies are like little scientists and love testing things out ("If I do this, what happens?").

- Babies love chanting.
 - Babies love puppets; use them to interact with your babies.
- Babies know when you are talking to them and have a different response than they would to TV, phone, music etc.
- You can assist with your babies' emotional development, even at these early ages!
 - Talking about the looks on your baby's face gives names to different emotions.
 - Imitating your baby's sad facial expression teaches him or her to "read" emotions, which often is important when interacting with other people.
 - Having conversations with your baby when doing something they may not like (such as having a bath or getting changed) can help to distract them.
 - Using lots of words when speaking or singing to your baby babies will increase their abilities to express their own needs and wants once they can talk.
- Children learn from repetition.
- Books can be used in many ways in addition to reading them aloud.
 - Sing about any picture you like.
 - Feel free to adapt stories, songs, and rhymes by adding your baby's name to it.
- Anything can be used as a drum.
 - Tapping baby's hand on a drum can help them add awareness to the parts of speech.
- Using words to describe your motions as you are doing them is a great way to build your child's vocabulary.
- The rhyme and motion of walking around with your parents' arms holding you securely reminds babies of being in the womb.
- A great way to learn parts of the body is by singing songs about them.
- Any object that can fit into a toilet paper roll is a choking hazard.
- When you're talking about what babies look at and experiment with, you are more likely to help them learn new words than if you simply talk about something that they are not interested in or engaged with.
- Music can make anything playful, even cleaning up!
- Lullabies are a great way to calm down and relax, for baby and for you!
- Public library cards are free!
- Studies show that the number of vocabulary words children know and can use when entering kindergarten affects their entire education and career, making it easier for them to learn how to read, which will help them in all stages of their lives.



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In the Nest – Session 4

- Babies are unpredictable (and thus, how to act during in-person and virtual combined sessions).
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 - It's normal for babies to wiggle and seem to not pay attention.
 - Don't worry if they seem distracted; they are absorbing everything.
 - It's okay if they fall asleep (don't wake your baby!)
 - You can learn the songs and rhymes and do them with your baby later!
- Parents are their children's first and very important teacher.
- Sharing books together, doing fun reading activities and reciting rhymes from the very beginning will benefit your child's overall development.
- Studies show that the number of words children know and can use when entering kindergarten affects their entire education, making it easier for them to learn how to read.
- Four practices- talk, sing, share books, play.
- Importance of tummy time.
- Talking about the expressions on the babies' faces in the book labels the emotions and gives names to different feelings.
- Giving your babies words to express emotions or problems will help them communicate with you when they are able to talk.
- When we show pictures to our babies, they pick up cues to look at pictures in a certain direction and to focus on them which strengthen and train their eye muscles.
- Feel free to change the words to rhymes and songs.
- For babies, there's no better way to develop a sense of self, a sense of identity, than to look at their hands and feet and see how they move.

- Naming the parts of the body and the movements they make through a song helps your children build a useful vocabulary.
- Repetition is great for children, they don't get bored – they actually like hearing songs, rhymes and stories over and over!
- The repetition will familiarize your baby with all of the repeated elements.
- Tapping out names helps children to become aware of syllables and the sounds in words.
- There are many more movement words that you can use, as long as you remember to move gently with your baby.
- Songs and rhymes are a great way to calm your child down.
- Singing the same songs and rhymes as your parents or grandparents is a great way to keep the tradition alive!
- Babies can learn more than one language at a time which has many benefits to the babies' brain as well as to the whole family.
- Singing about ordinary daily life activities.
- Cleaning up songs encourage your child to clean up when they are bigger.
- Although it seems that your baby isn't doing more than simply holding it or tasting the shaker, they are gathering information like scientists, which helps their brains develop even though they are so little.
- Smiling back and forth with your baby can foster a sense of continuity, closeness and connection.
- Giving your baby a prop or musical instrument without any instructions and letting them decide for themselves how to play with it build their learning in a different way.
- Mention the study about a toy with multiple functions that was given to a class to play with. The length and interest level of play was highest when the children were told to discover for themselves what it did. When the children were shown at the beginning what the toy could do, they spent a much shorter time playing with it.
- it was interesting according to how the toy was presented.
- Feel free to substitute you baby's name in the lullabies.
- The soft, slow and steady pace of a lullaby calms and relaxes your baby.
- About the public library.
- The more words your baby hears, the better.