



# Mini Goslings Handout

Mini Goslings is a video for parents at the UMCH NICU. In this video, you learn ways to help your baby's brain develop while in the NICU. You can watch it on the TV in your baby's room.

Please use the traffic light to safely talk, sing and read with your baby. Always watch and respond to your baby's signals.



**Red light means VOICE ONLY**, no touching. You can sing or talk softly.



**Yellow light means VOICE & TOUCH ONLY**. You can add a "NICU hug" or hold your baby skin-to-skin.



**Green light means VOICE, TOUCH & SHOW**. You can hold your baby and show the book as you read it. You can also show your baby hand motions while singing.

## Song Two Little Goslings (Sing to the tune of "Hush Little Baby")

Two little goslings safe in their nest.  
*Link fingers together to make a nest.*  
One was awake and the other at rest.  
*Slowly lift one hand and lower the other hand with palm facing up.*

One fell asleep and the other did too,  
*Bring hands together.*  
And they slept and they slept the whole night through.  
*Lean head on hands.*



*Tip: Always use soft voices in the NICU.*

## Song Since I Love You Very Much (Sing to the tune of "If You're Happy and You Know It")

I Love You

*Softly whisper "I love you."*  
Since I love you, I will whisper  
"I love you."  
Since I love you, I will whisper  
"I love you."  
Since I love you, love you,  
love you, and I'm always  
thinking of you.  
Since I love you, I will whisper  
"I love you."



*Hold baby's hand.*  
Since I love you very much,  
I'll hold your hand.  
Since I love you very much,  
I'll hold your hand.  
Since I love you, love you,  
love you, and I'm always  
thinking of you.  
Since I love you very much,  
I'll hold your hand.



*Make a heart with your hands.*  
*Show it to your baby.*  
Since I love you very much,  
I'll make a heart.  
Since I love you very much,  
I'll make a heart.  
Since I love you, love you,  
love you, and I'm always  
thinking of you.  
Since I love you very much, I'll  
make a heart.

*Tip: Babies have three types of signals: happy and ready, helping myself, and not happy. When you see "happy," do more. When you see "helping myself," don't add more. When you see "not happy," do less.*

Mini Goslings was created by Betsy Diamant-Cohen, DCD, MLS and Brenda Hussey-Gardner, PhD, MPH.  
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### Chant Mommy Loves You

*Chant this rhyme. Fill in the names of the people who love your baby. Repeat the lines over and over again as many times as you want.*

Mommy loves you.  
Daddy loves you.  
Sister loves you.  
Brother loves you.  
Auntie loves you.  
Grandpa loves you.

### Using Books in New Ways

#### Sharing Books Together

*Share a book with your baby every day. Sharing a book is another way of sharing love.*

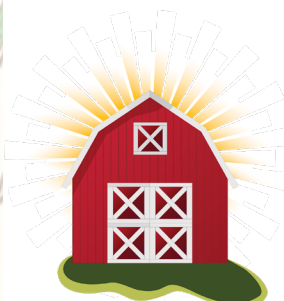
### Song Old MacDonald

*Sing slowly and quietly.*

Old MacDonald had a farm. Ee-ai-ee-ai-oh.  
And on that farm he had a duck. Ee-ai-ee-ai-oh.  
With a "quack, quack" here and a "quack, quack" there.  
Here a "quack," there a "quack," everywhere a  
"quack, quack."  
Old MacDonald had a farm. Ee-ai-ee-ai-oh.

Old MacDonald had a farm. Ee-ai-ee-ai-oh.  
And on that farm he had a cow. Ee-ai-ee-ai-oh.  
With a "moo, moo" here and a "moo, moo" there.  
Here a "moo," there a "moo," everywhere a  
"moo, moo."  
Old MacDonald had a farm. Ee-ai-ee-ai-oh.

Old MacDonald had a farm. Ee-ai-ee-ai-oh.  
And on that farm he had a cat. Ee-ai-ee-ai-oh.  
With a "meow, meow" here and a "meow, meow" there.  
Here a "meow," there a "meow," everywhere a  
"meow, meow."  
Old MacDonald had a farm. Ee-ai-ee-ai-oh.



*Tip: You can use books in many ways. You can sing songs about the sounds animals make. You can talk about what the animals do. You can describe the different colors that you see.*

### Using Books in New Ways

#### Wiggle! March!

*Create your own story to go with the pictures.*

It's bedtime on the farm. Here is a bedtime book about farm animals. Duck says, "It's time to go to sleep. Quack quack." Sheep says, "It's time to go to sleep. Baa baa." Pig says, "It's time to go to sleep. Oink oink." Mommy/Daddy says to baby, "It's time to go to sleep. Good night."



*Tip: A bedtime routine is good for all babies, even babies in the NICU. Every night, before putting your baby to bed, do the same things in the same order.*

**Stream and download  
the songs and chants at:**



[https://mgol.net/home/  
mother-goose-on-the-loose-  
goslings/songs/](https://mgol.net/home/mother-goose-on-the-loose-goslings/songs/)

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