

Mother Goose



On The Loose Goslings

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On The Loose Goslings

Family Guide

*by Dr. Betsy Diamant-Cohen
and Dr. Brenda Hussey-Gardner*

Goslings was created through the combined vision and expertise of Drs. Betsy Diamant-Cohen and Brenda Hussey-Gardner, with essential support from Port Discovery Children’s Museum, the University of Maryland NICU and NICU Advisory Council, and the Applied Developmental Psychology Program at UMBC. Many educators, clinicians, graduate students, and community partners contributed to the program’s development, implementation, and early evaluations. Funding from PNC Grow Up Great®, the Bearman Foundation, the Child Health Foundation, the National Network of Libraries of Medicine and the PNC Foundation helped launch Goslings, support ongoing improvements, create program materials, and produce Mini Goslings. Additional contributions came from designers, web developers, medical students, neonatology fellows, and focus-group participants. Above all, we extend our deepest gratitude to the families who participated and shared their experiences, helping shape Goslings into the supportive, research-based program it is today.

Mother Goose on the Loose® envisions a world where EVERY child EVERYWHERE has a strong foundation that will enable them to be successful in school and in life.

MGOL fervently values:

- The right of every child to become literate.
- Parents and family as a child’s first and most important teachers.
- Nursery rhymes and music as tools for learning.
- Joyful experiences with books and illustrations.
- Community as the support system for families.
- Healthy development of the WHOLE CHILD, with focus on social, emotional, intellectual and physical skills.

Find out more at <https://mgol.net/home/mother-goose-on-the-loose-goslings/>

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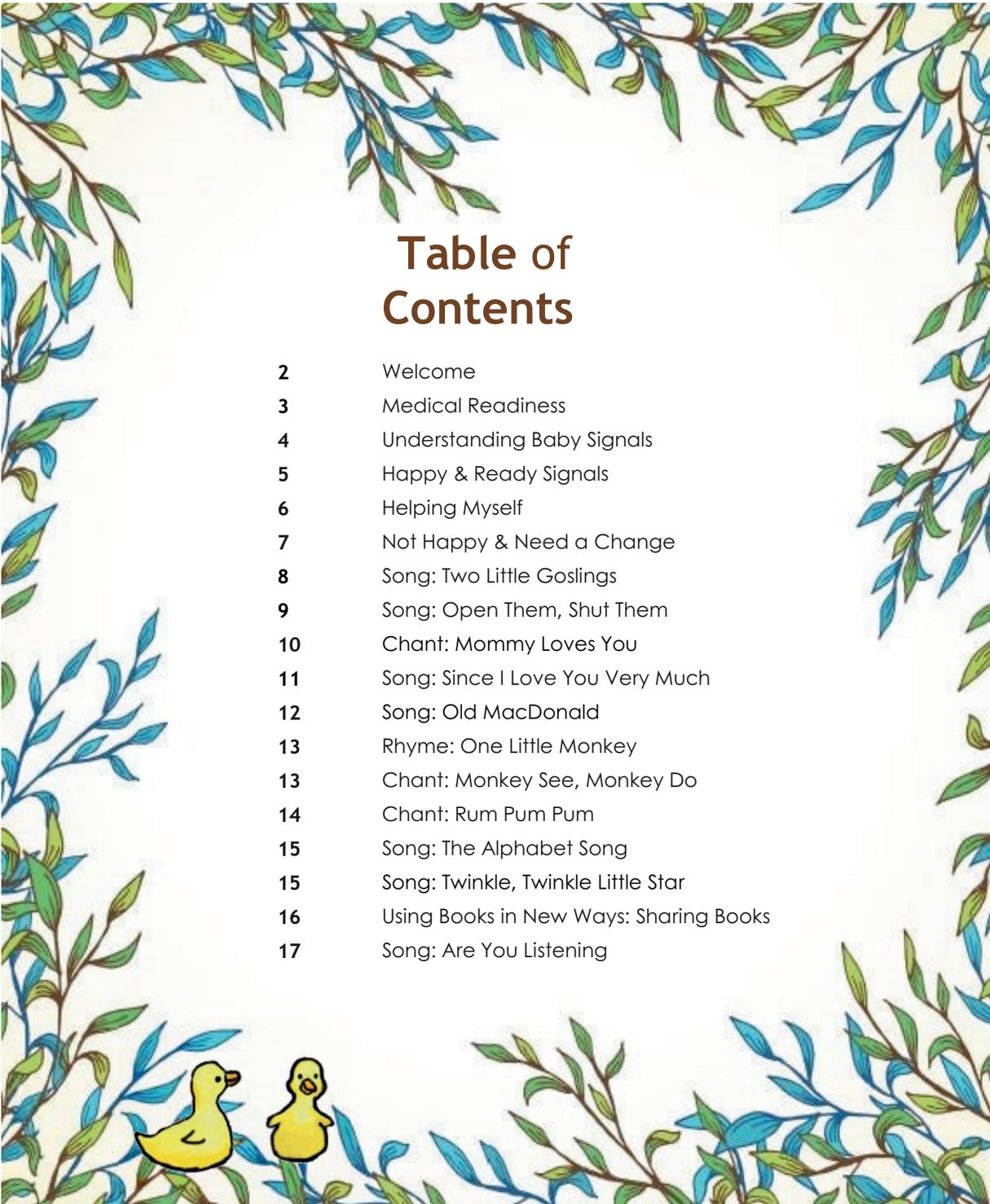


Table of Contents

2	Welcome
3	Medical Readiness
4	Understanding Baby Signals
5	Happy & Ready Signals
6	Helping Myself
7	Not Happy & Need a Change
8	Song: Two Little Goslings
9	Song: Open Them, Shut Them
10	Chant: Mommy Loves You
11	Song: Since I Love You Very Much
12	Song: Old MacDonald
13	Rhyme: One Little Monkey
13	Chant: Monkey See, Monkey Do
14	Chant: Rum Pum Pum
15	Song: The Alphabet Song
15	Song: Twinkle, Twinkle Little Star
16	Using Books in New Ways: Sharing Books
17	Song: Are You Listening



Welcome to Mother Goose on the Loose Goslings

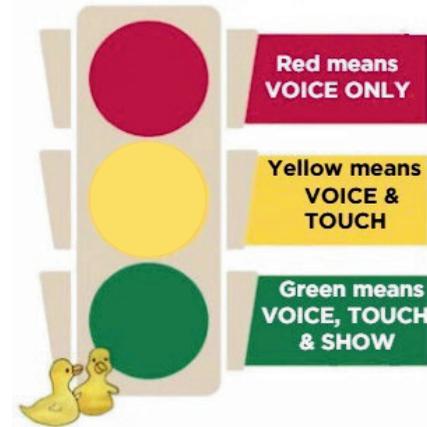
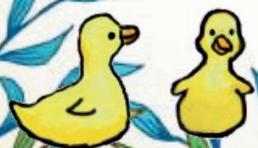
A parent's voice is the most beautiful sound in the world to a baby. Talking, reading and singing softly is a special gift that you can give your baby. Your soft voice can help your baby feel calm and get to know you. It also builds language skills, even at such a young age.

This booklet contains the songs and rhymes that you learned during Goslings Family Hour. Many are traditional songs which were adapted especially for NICU parents. While in the NICU, all of these songs should be sung slowly and softly to avoid overstimulating your baby. Even "Old MacDonald" should be sung as a lullaby!

In addition to using these songs and rhymes, talk and read to your baby. Every word that you share helps build your baby's brain.

Remember to always do these activities according to your baby's medical status and their baby signals.

*-Dr. Betsy Diamant-Cohen
& Dr. Brenda Hussey-Gardner*



Here are some songs and rhymes for you to share with your baby. Remember to do these activities according to your baby's medical status and their baby signals.

Medical Readiness

Voice

A Red Light day means your baby needs very little stimulation. Your baby may be sick, working hard to breathe, or resting after a procedure.

- It is safest to use your voice only
- You can talk, sing softly, or hum

Voice & Touch

A Yellow Light day means your baby can handle a little stimulation, but only in small, gentle amounts.

- Keep using your voice
- Add gentle, still touch (no stroking or patting)
- You may try a NICU hug

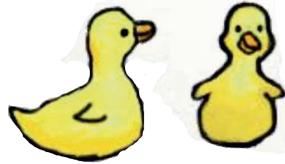
Voice, Touch, & Show

A Green Light day means your baby is medically stable enough to enjoy a wider range of activities.

- Talk or sing
- Use a NICU hug or gentle, still touch
- Show simple items such as books, puppets, or shaker eggs.

No matter what color day it is, you should read your baby's signals and proceed accordingly.

Understanding Baby Signals



Babies use their bodies and faces to tell us how they feel. When you learn to read your baby's signals, you'll know when to interact, when to pause, and when to give your baby a break.

In Goslings, we group signals into 3 categories:

- Happy & Ready
- Helping Myself
- Not Happy & Need a Change

Your gentle voice, presence, and loving responses help your baby feel safe and support early brain development. Follow your baby's lead. Start with one type of stimulation. Add more if your baby is happy & ready. Remember, their signals guide what kind of interaction is best.

Happy & Ready Signals

These signs mean your baby is calm and ready for interaction:

- Bright, open eyes
- Relaxed face and body
- Tries to smile
- Makes small sounds
- Looks at people or objects

These are good moments to talk, sing softly, or gently interact with your baby.



Helping Myself

These signs mean your baby is trying to stay calm and organized:

- Holds your finger
- Brings hands to mouth
- Clasps hands together
- Sucks on fingers
- Light sleep or drowsiness

Your baby is working hard to stay settled. Continue gently, and watch closely for any signs that they need a break

Not Happy & Need a Change

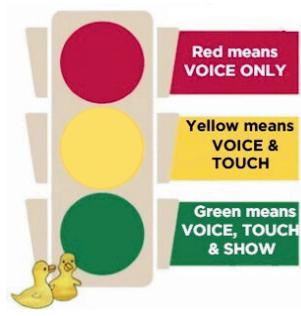
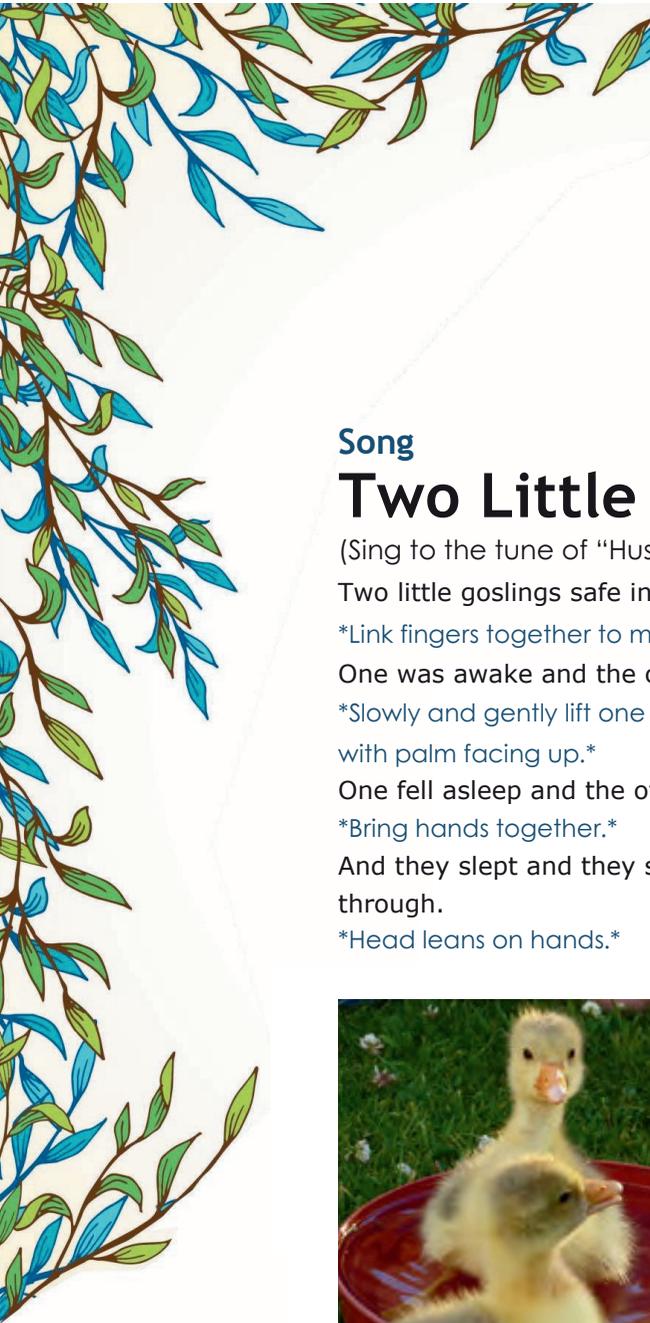
These signs mean your baby is calm and ready for interaction:

- Looks away or closes eyes
- Frowns, grimaces, or grunts
- Splays fingers (spreading fingers wide)
- Salutes with arm and hand
- Yawns sneezes, or hiccups
- Arches the back or pushes away
- Cries

When you see these signals:

- Pause
- Give your baby time to rest
- Try reducing stimulation (use your voice only, keep hands still, dim lights if needed)





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 and gently lift one hand, lower the other 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.

Head leans on hands.



**Tip: Sleep is important for your baby. This song will remind you to let your baby sleep, even if you want to play!



Song

Open Them, Shut Them

Open them, shut them.

Put both hands in front. Open them and then make a fist.

Open them, shut them. Give a gentle tap, tap, tap.

Clap hands together softly.

Open them, shut them. Open them, shut them.

Put them in your lap, lap, lap.

Fold hands in lap.

Creep them, crawl them,

Slowly walk fingers up your body.

Creep them, crawl them, Right

up to your chin, chin, chin.

Rest fingers on chin.

Open up your little mouth....

Open your mouth.

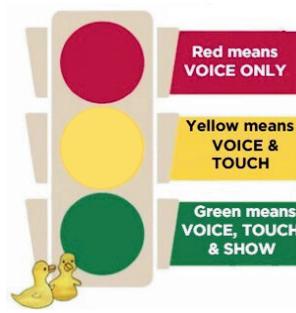
And then invite them in!

Gently tap your fingers on your chin.

Traditional, adapted



**Tip: We want babies to put their fingers or hands in their mouths! Sucking on hands and fingers helps babies to comfort themselves. It also builds the muscles needed for eating and talking.



Chant

Mommy Loves You

Chant this rhyme and fill in the names of different 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.
 Grandma loves you...

***Tip: Chanting is when you say something over and over in a singsong tone – not simply talking but not singing either. Chanting a phrase repeatedly helps to reduce stress.*

Also, try making up your own chants. For instance, if your baby is getting to breast or bottle feed for the first time, you may want to chant: "You can do it, you can do it."



Song

Since I Love You Very Much

(Sing to the tune of "If You're Happy and You Know It")

Whisper "I love you," very softly without putting your mouth next to your baby's ear.

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.

Place one hand on top of baby's head and the other hand on baby's feet. It will be as if you are making a nest with your baby cuddled right inside.

Since I love you very much, I'll give a hug.
 Since I love you very much, I'll give a hug.
 Since I love you, love you, love you, and I'm always thinking of you.
 Since I love you very much, I'll give a hug.

Make a heart with your hands and 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.

Blow a kiss slowly and gently, without getting too close; blow your kiss without breathing on baby!

Since I love you very much, I'll blow a kiss.
 Since I love you very much, I'll blow a kiss.
 Since I love you, love you, love you, and I'm always thinking of you.
 Since I love you very much, I'll blow a kiss.

Traditional, adapted



Song Old MacDonald

Slowly and quietly.

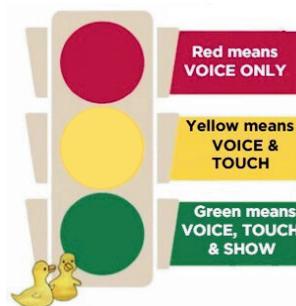
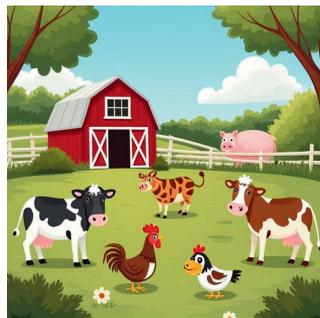
Old MacDonald had a farm. Ee-ai-ee-ai-oh.
And on that farm he had a duck. Ee-ai-ee-ai-oh.
With a "quack, quack" here and a "quack, quack" there.
Here a "quack," there a "quack," everywhere a "quack, quack."

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.

Traditional

***Tip: Books can be used in many ways. You can sing songs about the sounds animals make, talk about what the animals do, and describe the different colors that you see.*



Rhyme

One Little Monkey

One little monkey jumping on the bed.
Hold up finger with monkey puppet.
He fell off...

Lean one finger slowly to one side.
and bumped his head.

Mama called the doctor and the doctor said,

Lean finger to the other side.

No more monkeys jumping on the bed!

Move finger forward.

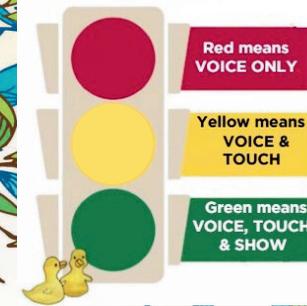
Tip: Since babies see best when items are approximately 10 inches away from them, place your hands that distance from baby's face.

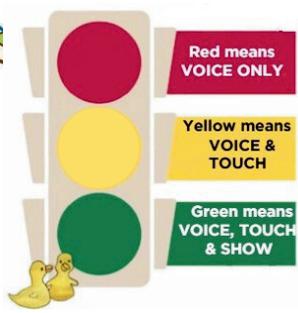
Chant

Monkey Chant

Monkey see. Monkey do. Monkey says "I love you!"

***Tip: Try telling a story with the puppet or using the puppet to give a soft kiss on your baby's leg or arm making sure to avoid any medical devices.*





Chant Rum Pum Pum

Recite softly

Rum pum pum, this is my voice.
Rum pum pum, this is my voice.
My name is Mommy (or Daddy, or Sister, etc.).
Your name is Baby.
I love you.



Give a NICU hug and chant

Rum pum pum, here is a hug.
Rum pum pum, here is a hug.
My name is Mommy.
Your name is Baby.
I love you.



Try chanting this verse during skin-to-skin contact when baby hears your heart beat.

Rum pum pum, here is my heart.
Rum pum pum, here is my heart.
My name is Mommy.
Your name is Baby.
I love you.



Traditional, adapted



***Tip: This song has many verses. Pick a verse that works with your baby's medical status and chant just that one. On Green Light days, you may want to chant the "heart" verse while showing baby a heart with your hands. Watch your baby's signals. If showing causes a "not happy" signal, stop and simply chant the verse.*



Song The Alphabet Song

A, B, C, D, E, F, G
H, I, J, K, L, M, N, O, P.
Q, R, S, T, U, V.
W, X, Y, and Z.
Now we've sung our ABC's
I love you, and you love me.



Traditional, adapted

***Tip: Any song can be a lullaby, as long as you sing it slowly and softly. While singing on a green light day, make a soft, rain-like sound by slowly moving the shaker egg for your baby to look at.*

Song Twinkle, Twinkle Little Star What a Wonderful Baby You Are

Twinkle, twinkle little star,
What a wonderful baby you are.
A little face, a tiny nose,
Tiny fingers, tiny toes.
Twinkle, twinkle little star,
What a wonderful baby you are.



Traditional, adapted

***Tip: When you sing and talk directly to babies, their brains respond in a special way. This doesn't happen when they hear voices on the TV, radio, or iPad. This also doesn't happen when you talk to someone else in person or on the phone. Babies know when you are talking to them.*

Using Books in New Ways

Sharing Books Together!

Share a book with your baby everyday. Sharing a book is another way of sharing love. Try these different ways of sharing books with your baby:

Tips for Red and Yellow Light Days

- Read the book aloud. Or, just read a few pages aloud.
- Look at one page and talk about what is on the page.
- Use the same book over and over — babies love repetition! Talk about what you see on the cover as well as on the pages.
- Describe the pictures on the pages.
- Sing a song about one of the pictures.
- Make up a tune and try to sing the entire book.

Here's an example of a story you can tell to go along with an animal book or pictures -

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."
Horse says, "It's time to go to sleep. Neigh, neigh."
Cow says, "It's time to go to sleep. Moo, moo."
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. For example, you may want to feed your baby, then read a story, then sing a lullaby, and then say "good- night."

Tips for Green Light Days

- Securely hold your baby in one arm. Use your other hand to show your baby the page of the book as you talk, read, or sing.
- If you're not comfortable holding your baby and a book at the same time, use the book when your baby is in an infant seat.
- After discharge, when your baby is healthy, and it is not flu season, consider taking your baby to the public library.

Song

Are You Listening

(Sing to the tune of "Frère Jacques") Are you listening?

Are you listening?
To the sounds? To the sounds?
Sounds are all around us. Sounds are all around us.
I love you. I love you.
Are you listening? Are you listening?
Baby boy. Baby boy.
Sounds are all around us. Sounds are all around us.
I love you. I love you.
Are you listening? Are you listening?
Baby girl. Baby girl.
Sounds are all around us. Sounds are all around us.
I love you. I love you.

Traditional, adapted

****Tip:** Try using your baby's name instead of "baby girl" or "baby boy."**

****Tip:** Babies need their sleep to grow; try not to wake a sleeping baby. Even when rattles make a very soft sound, they should only be used on a green light day, when the baby is awake.**

