

Lesson 1: January

Each lesson includes the songs used in class for multiple weeks. Repetition is important for building a relationship as well as for learning skills. Ms. Tonya will choose from these but not all will be used during every class, depending on class dynamics, student need, and time.

Lessons for **Baby, Music, and Me** and **Toddler Tunes** use the same songs with expanded or even different activities. This is simply an outline of our lesson. Please refer to documents and instructions also given during class time.

As much as possible it's important to sing to the baby, whether you think you can sing or not, as babies are more likely to imitate a real human voice over a recording and even more so if it's an immediate family member.

Songs from our curriculum and others that can be found on Youtube are on this public playlist: <https://www.youtube.com/playlist?list=PLt3DkdNzrx-8ZCgR1PrOqQbSL0nttSaQM>

Lyrics are provided for songs in this lesson that Ms. Tonya learned from other music therapists. Credit is given to the music therapist I learned it from unless I know its source. Recordings for student use are being planned. The Youtube playlist includes an alternative for playing and singing with babies and toddlers at home.

Greeting: Hello, Everybody and It's a Beautiful Day

Motor Skills: Gripping. Using shakers, help infants shake on the beat, model for older babies and toddlers.

Communication: Wave, say hi/hello, say own or another baby's name.

Music Skills: understanding/playing the beat, singing tunefully

From Debbie Dacus, MT-BC

Hello, everybody, hello.

I'm glad that you are here today!

Hello, everybody, hello.

I am glad you are here today!

Adapted from Marta Setliff, MT-BC

It's a beautiful day, when you make music with friends

It's a beautiful day so let the music begin

'Cause when you start the day with song

You'll be smiling 'fore too long

It's a beautiful day, It's a beautiful day, It's a beautiful day!

It's a beautiful day, when you're singing with friends

It's a beautiful day so let the music begin

'Cause when you start the day with song

You'll be smiling 'fore too long
It's a beautiful day, It's a beautiful day, It's a beautiful day!

Action Song: *She'll Be Comin' 'Round the Mountain*

Motor Skills: With *bells* strapped to one wrist, help infants shake on the beat or model the fine and gross motor movements related to each verse for older babies and toddlers.

Communication: Repeat "tagline" for each verse

Cognitive: Have toddlers repeat sequence alone on last verse

Music Skills: Understanding rhythmic/musical cues

Bounces: *Ride-o and Here Come 3 Kings*

Bounces have many benefits, such as bonding, language development, and coordination. It's important to bounce the baby on the beat, their muscles will engage in an attempt to hold on and even help you bounce! The simple nursery rhymes and 2-3 note songs "help children develop language skills by showcasing the different sounds of language. But, the social interaction is just as important. "It's a way to be close, particularly for new parents, who don't know what their role is yet; they can use the rhyme as a prop that enables play," says Mary Sinker, a children's museum consultant based in Glenview, Illinois."

See these blogs for more information about the benefits of bounces:

<https://www.parents.com/baby/development/intellectual/kids-rhymes/>

<https://learningbystep.com/the-importance-of-baby-bounces-and-child-development/>

Hold on to Me

From Debbie Dacus, MT-BC

Hold on to me and I'll hold on to you,
Hold on to me and I'll hold on to you
Hold on to me and we'll both make it through
Holding each other the whole day through

Reach up with me and I'll reach up there too
Reach up with me and I'll reach up there too
Reach up with me and we'll both make it through
Reaching and stretching together

Sway with me, Sway with me side to side
Sway with me, Sway with me side to side
Sway with me, Sway with me side to side
Swaying and swinging together

Hold on to me and I'll hold on to you,
Hold on to me and I'll hold on to you
Hold on to me and we'll both make it through
Holding each other the whole day through

Simple Circle Dance: *Keeping the Beat #1* and *Battu*

Move to the beat clockwise around the room. This is a social and bonding activity.

Infants: Hold baby in a way that's comfortable for you both, possibly in a burping position or cradled in your arms. Options: bounce to the beat while moving around the circle, tap the beat on baby's back, shoulder, legs, etc., sway to the beat

Toddlers: Let toddlers dance with you or on their own with you modeling as they wish. Options: Have them dance on your feet, hold one or both hands and tap the beat, or model movements for them to imitate.

Mirror Song: *Who's That Baby?*

Communication skills: Say "baby," own name, or another baby's name

Cognitive skills: Connect self to the mirror

Tapping/Clapping: *Hickory, Dickory, Dock and Engine, Engine #9*

Motor and Music Skills: Using tambourines, help infants or model for toddlers playing the beat at slow (adagio), medium (moderato), and fast (allegro) tempos for each nursery rhyme.

Wiggles and Ticks: *This Little Piggy Went to Market and Let's Go to the Wood*

These are predictable rhymes with a fun "surprise" at the end.

Try to wiggle each finger/toe to the beat of the rhyme. Repeat at least 4 times so baby can learn to anticipate the ending.

Infants: Wiggle toes starting with biggest

Older babies and Toddlers: Wiggle fingers starting with thumb

Simple Songs: *Rain, Rain and Fais Dodo*

These songs have a limited tonal range to encourage imitation and are in a range that's easy for babies and toddlers (mezzo-soprano). It's important to sing to the baby, whether you think you can sing or not, as babies are more likely to imitate a real human voice over a recording and even more so if it's an immediate family member. Repeat each song at least 4 times.

Scarves or a soft blanket provide a nice sensory experience and can be calming after so many activities. The lesson is winding down.

Story Song: *Octopus Song*

Motor skills: Imitate fine and gross motor gestures (ASL) related to each verse.

Communication skill: Connecting verbal communication to signs

Cognitive: Understanding a sequence

Ms. Tonya's version is slightly different than the original that I've linked to.

Lullaby: *Ally Bally and Laura Soave*

Goodbye:

From Debbie Dacus, MT-BC

Goodbye, oh goodbye, thank you for the music

Goodbye, oh goodbye, thank you for the music today!

Goodbye, (sing names), thank you for the music

Goodbye, (sing names), thank you for the music today!