



## Using Songs and Nursery Rhymes

**Help, I Need. . .**

**Ideas:**

**To calm my baby/child down  
or  
Prepare him/her for bed. . .**

**Try a lullaby or a nursery rhyme like *Twinkle, Twinkle Little Star***—remember to use a soft, soothing voice and rock your child gently.

**Try *Pat-a-Cake* in a soft voice and take your baby/child’s hands in your own**—go through the motions gently and allow your calm to transfer to your child as you repeat the rhyme.

**To distract my baby/child  
or  
Redirect him/her. . .**

**Break into a rousing rendition of *The Wheels on the Bus!*** Children love this song and have a hard time resisting singing along. **Remember:** The more enthusiastic you look and act about singing, the more they will want to participate!

**To help my baby/child learn. . .**

**For Babies: Try “*Head, Shoulders, Knees, and Toes!*”** Gently tap or tickle the body part that goes along with the part of your song!

**For Older Children: Try reciting part of any nursery rhyme or singing part of any song and see if your child can finish it.** Or, ask him/her what happens next.