

SING – Birth to 8 Months

Activities You Can Do With Your Young Child Today

- ◆ Sing a song that you remember hearing as a child to your baby. Tap your finger on baby's arm or leg as you sing so they can feel the beat.
- ◆ Lay baby on a blanket. Look in his eyes and wiggle his toes as you say the "This Little Piggie" Rhyme: This little piggie went to market (wiggle big toe), this little piggie stayed home (wiggle next toe), this little piggie had roast beef (wiggle next toe), this little piggie had none (wiggle next toe), and this little piggie cried "wee wee wee wee!" all the way home (wiggle last toe).
- ◆ When baby wakes in the morning, wiggle their toes and sing "wake up toes, wake up toes, wake up toes and wiggle wiggle wiggle. Wake up toes, wake up toes, wake and wiggle in the morning." Continue with arms, legs, and nose! Make up the tune or use: <http://www.storyblocks.org/videos/wake-up-toes/>
- ◆ Bedtime routines are always a good idea. Read a story and then sing a quiet, calming song before your baby goes to sleep. How about "Twinkle Twinkle Little Star" or "Hush Little Baby?"
- ◆ Make up your own songs! Use a familiar tune and change the words to describe what you and baby are doing. "We're washing baby's toes. We're washing baby's toes. High-ho the derry-o we're washing baby's toes." Include your baby's name to make them feel extra special and loved.

