

Songs and Rhythm Throughout the Day

Make your caregiving actions match the rhythm of a song.

By singing as you care for your baby, you help him learn to love music and feel comforted by soothing rhythm and motion.

Rub-a-dub-dub.





Why this is important

The crooning and stroking you do as you cradle your baby in your arms introduce him to music and rhythm. Your gentle touches and the sound of your voice offer much more to your baby than the sounds from a radio or TV. When you choose songs that have rhymes, you are getting your baby used to the patterns and sounds of words. This will help him later as he learns how to speak and then how to read.

What you do

- As you care for your baby, look for ways to use gentle, rhythmic motions and words. For example, when you rock your baby in a rocking chair, sing in time to the chair's motion. After feeding, you might pat his back while chanting, *Burp, burp, burp, here comes the burp.*
- Use calming words and rhythmic motions to soothe him when he cries. *Daddy loves you and Mommy does, too*, you sing over and over as you hold your baby and sway from side to side.
- Observe his body language as you move and sing. Does he appear content and relaxed in your arms? If not, try a different rhythmic motion.

Another idea

Extend this caregiving time a little beyond what is actually needed for the care—do it just for the pleasure it brings. Use songs and nursery rhymes to bring enjoyment to riding in the car, swinging in a baby swing, or going for walks in the stroller.

Let's read together!

Row, Row, Row Your Boat,
by Annie Kubler (illustrator)