



# Family Music for Babies 2

Parent Guidebook



Songs and instrumentals for rocking, bouncing and dancing with your baby



Lorna Heyge  
Audrey Sillick



## **Family Music for Babies 2**

*Songs and instrumental music for rocking, bouncing and dancing with your baby.*

**Lorna Heyge  
Audrey Sillick**



**Produced by Music Matters**

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**W**elcome to Family Music for Babies. You have chosen this recording because you value music for yourself and your child and we salute you for making the choice to play musically with the baby in your care. As baby's parent, grandparent, caregiver or simply friend, you will delight in singing, dancing and playing simple musical games, again and again.

This recording was conceived and executed with great care, for the sole purpose of enriching the lives of adults who are with babies. The musical arrangements are sometimes lively, sometimes dreamy, but always expressive of a mood or a feeling for you to savor together. We have suggested a few playful activities to accompany the music. The best activities will be the ones you spontaneously make up with your baby, adding to your mutual pleasure as you repeat them again and again.

In a fast-paced society, the wonder-filled years of infancy and childhood are frequently hurried and devalued. Today, however, a new awareness of the unique nature of childhood from birth to six years and the incredible work each human baby does to become a person is beginning to impact our understanding and appreciation of child development. The early years are the most significant period in human life in terms of physical, emotional, intellectual, social and psychological development. Indeed, the foundations for personality are laid in childhood. Home and family provide the love and trust each newborn needs to develop his/her innate potential – nothing less. Nurtured in a loving environment, a whole person emerges, unique in every respect, unlike any other before or since.

Neuro-scientific research has clearly impacted the social, educational and medical fields in the last decade, opening new perspectives on the nature of human life. The vital role of music and movement during this period is far better understood today than ever before in our history. The ways in which both these essential elements can be made available to your newborn are simple, enjoyable and natural.

In the spirit of sharing our experience and expertise, we offer you, dear parents and caregivers, a few observations about newborns that will help your appreciation of your baby and the nurturing role of Mother, Father, family and extended family in the human cycle.

What are the needs of your infant and how does musical play, combining sound vibration and touch, meet them?

- From birth to two years, bonding and attachment to the Mother/caregiver are the foremost consideration. The actual “skin-to-skin” bodily contact is a critical communication of love and security for the baby. In the infant class, the teacher directs her attention to facilitating this contact by suggesting ways to the parent/caregiver to bond with the baby through activity, such as holding, cuddling, caressing and similar activities.
- Baby's senses are his/her windows on the world; sight, sound, touch, taste and smell are functional at birth, absorbing impressions and sensations every waking moment. Helpless at birth, the infant takes in the world through his/her senses. The stimulation of the baby through the sensory channels encourages a motor response, largely reflexive and random to begin with, but rapidly becoming more directed. Initial experiences include orienting to Mother's/caregiver's face, responding to a loving voice, experiencing a caressing touch, a comforting odor or a familiar taste. The senses are channels for learning and structuring baby's knowledge of the world.

When your infant is held close to your body, s/he feels the vibrations of your voice and hears your loving voice speaking and singing. Your arms enfolding his/her tiny body and your special odor and taste at feeding time establish a basis of security.

Musical play activities stimulate sensory impressions of holding and looking, experienced in the proximity of your body. Your baby experiences your body in motion when you rock, bounce or dance. His/her involuntary motor responses evolve slowly into patterns of movement. Sensory-motor exploration in the safety of your loving arms is a basic need for your baby's life.

- Your baby needs points of reference to begin to structure the world around him/herself. An orderly, reliable, dependable environment helps the infant to orient and stabilize impressions and sensations through repetition. Your baby is ALWAYS meeting the unknown and needs a fine balance between repetition and the challenge of newness.
- Play is essential to your baby to establish his/her autonomy and to build a sense of "self." The incredibly complex, creative, inner work of formation of a person is begun at birth at a pre-conscious level. Your willingness and enthusiasm to initiate or simply join in the fun fulfill the infant's need to be active and responsive to stimulation. Your baby's intelligence springs from such interactive play.

A considerable body of research shows that your baby's movements are synchronized to the rhythm of the language spoken in your home. It demonstrates your baby's innate response to rhythm, and the value of musical play to benefit sensory motor development.

- A musical home develops aural perception at a time when your baby's absorption of language is continuous and effortless. The traditional songs and rhymes you sing to him/her are energizing as s/he turns toward the direction of your voice and later begins to vocalize and imitate sounds. You and other family members encourage this by repeating the sounds with joy and enthusiasm to acknowledge his/her discoveries.
- The vital process of learning follows an individual timetable unique to each baby. You, your family and home create the environment which encourages and sustains your baby to reach his/her full potential of body, mind and spirit. Music and movement activities create neurological connections in this critical period of development of selfhood. The simplicity and integrity in doing what comes naturally brings joy and pleasure to everyone involved.

Babyhood is an intensely experienced time in life. Music has magical properties that run the gamut of human emotions for you to share together. We hope that the **Family Music for Babies** experience will help you establish your baby's firm ground of security within a loving family environment.

Life is greatly enhanced with music. Through musical play you are giving your child the gift of music for life!

*Lorna Lutz Heyge*

*Audrey Sillick*



# Comin' Round the Mountain

She'll be com - in' round the moun - tain when she comes. (Toot, toot!) She'll be  
 com - in' round the moun - tain when she comes. (Toot, toot!) She'll be  
 com - in' round the moun - tain, she'll be com - in' round the moun - tain, she'll be  
 com - in' round the moun - tain when she comes. (Toot, toot!)

Vs. 2 She'll be drivin' six white horses when she comes. Whoa back!  
 She'll be drivin' six white horses when she comes. Whoa back!  
 She'll be drivin' six white horses,  
 she'll be drivin' six white horses,  
 she'll be drivin' six white horses when she comes.  
 Whoa back! Toot! Toot!

Vs. 3 She'll be wearin' old red flannels when she comes. Scratch, scratch!  
 Scratch, scratch! Whoa Back! Toot, Toot!

Vs. 4 Oh, we'll all have chicken and dumplings when she comes. Yum, yum!  
 Yum, yum! Scratch, scratch! Whoa Back! Toot, Toot!

Vs. 5 Oh, we'll all go out to meet her when she comes. Hi, Babe!  
 Hi, Babe! Yum, yum! Scratch, scratch! Whoa back! Toot! Toot!

*She'll Be Comin' Round the Mountain* is one of the most popular, well-known songs in North America. Enjoy singing and adding simple actions as the text suggests. The cumulative aspect on the recording challenges attention and will delight your baby!

Sit on the floor, holding your baby on your legs, and bounce along happily. Of course, words like "Toot! Toot!" will bring a smile every time you repeat them. Here are some suggestions for actions. Think of others yourself.

Toot! Toot!	Pretend to pull an imaginary cord for the whistle.
Whoa back!	Hold baby's hands or whole body, and lean back slightly.
Scratch, scratch!	Rub gently on baby's body.
Yum, yum!	Make a motion with your hand on baby's tummy or your own.
Hi, Babe!	Wave your hand.

**Recorded by:** Children's Choir, Trumpet, Clarinet, Bassoon, Percussion

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