



## **making little moments count, every day**

The more you talk, play, read and sing to a child every day - particularly in the first 1,000 days - the smarter their brain becomes.

# **singing activities to activate a baby's brain**

### **sing any time**

sing your favorite songs to a child any chance you get. hearing your voice eases stress and calms a baby's heartbeat — even if you are off tune.

### **repeat the same song**

the beat of hearing the same song helps a child's social skills and how they handle their feelings. and, it helps them feel safe.

### **get silly with the words**

have fun changing the words of a familiar song, "the itsy bitsy elephant climbed up the water spout." it will put a smile on both of your faces.

### **create your own lullaby**

use the baby's name or things they did during the day for lullaby lyrics. singing creates a bond between you two and is key to healthy emotional development.

### **sing and count**

use a rhyme like "five little penguins jumping on the bed" when counting. use your five fingers to show the five penguins and hide a finger each time a penguin slips off the bed. young children who enjoy music show increases in pre-math and pre-reading skills.

### **sing songs when getting ready**

"zip, zip your zipper up to your chin. don't you let the cold air in." this makes tasks a little easier and helps a child move from one thing to another.

### **take turns acting out music**

jump like a kangaroo or float like clouds. children of all ages enjoy moving to the rhythm of music. babies build body-spatial awareness. toddlers gain locomotor skills. preschoolers develop coordination.