

Hickory, Dickory, Tickle and Bounce

Baby's Home Journal





Welcome to Kindermusik Village!

This Home Journal is a place for you to document your baby's experiences with music. At the end of each class you will receive a special Home Activity Card which contains suggested activities to do with your baby during the week. It will also contain an invitation to make some notes about your observations. The reverse side of the card is a place for you to "make some memories." You could write a letter, a poem, or jot down notes. You could draw a picture with crayons or markers. You could use stickers and glitter. You could paste a special photo of your baby's involvement with music making. Or you could leave it blank and do your Journal in your mind.

Each Home Activity Card contains interesting resources for you and your baby to enjoy. Some are children's literature books, some are CD's to purchase, and a few are websites or books for parents and caregivers.

Several cards containing the melodies and words to songs and activities learned in class are also included, along with a lace to bind the entire Home Journal together.

Baby's Name _____

Date _____

Our Family Treasury of Mother Goose



*"The nursery rhyme is essentially poetical because essentially musical."
— Belgian poet, biographer and professor Émile Léon Cammaerts (1878-1953)*

Nursery rhymes, whether spoken or paired with tunes, are indeed musical and rhythmic. They also tend to be short and, thus, easily repeated. And, of course, they lend themselves naturally to accompaniment with playful games. All this, combined with the good feelings adults tend to experience passing along rhymes and songs of childhood, make the sharing of nursery rhymes a rich learning experience for Baby.

Home Activity

The origins of many Mother Goose rhymes (or nursery rhymes) are unclear, and there are numerous variations of individual rhymes. Additionally, every culture has traditional children's rhymes, chants and songs passed down through the ages. What are your family's favorite rhymes?

During the coming weeks, create your own Family Treasury of Nursery Rhymes, collecting rhymes and songs you enjoyed as a child and those you enjoy sharing with your baby now. Use your choice of medium — a scrapbook, a tape recording or a video. If you make a recording, include as many family members and friends as possible reading or singing the verses. When your baby is no longer a baby, this will be a cherished record of those who played a significant role in her early years.

Baby's Journal

Baby has favorite Mother Goose rhymes...

For Your Home Library

*<http://www.mothergoose.com>
Mother Goose Remembers, by Clare Beaton, Barefoot Books, 2000. ISBN 1-84148-073-8*

Signs for Baby and You



From early in infancy, it is evident that Baby is aware of his environment and has the desire to communicate. Introducing signing (using American Sign Language, or ASL) to hearing babies has the benefit of allowing you and your baby to communicate before Baby's vocal chords are developed enough to speak. This silent communication raises self-esteem, eliminates the frustration of not being able to communicate and engages Baby as an active participant in the learning environment.

— Marilyn Daniels, Ph.D., interview by Kindermusik International, Creative Team, Tape Recording, Browns Summit, NC, 2 November, 2001.

Home Activity

Consider incorporating ASL signs into your play and communication with Baby at home. Establish a signing habit beginning with the signs used in Village class (see instructions for signs on the Song Cards in this Journal), or use the references below to help you find signs that would be especially helpful at home (e.g. **more**, **eat**, **milk**).

Babies typically are ready to respond with signs sometime around the age of six to nine months old, but it is fine to model signs to babies of all ages. Watch Baby's behavior for indications that he's interested in communicating about things around him. As with other learned abilities, signing must be used frequently to be learned, so give it some time and encourage other caregivers to offer signs when playing with Baby, too.

Baby's Journal

The signs that would most help Baby and me to communicate...

For Your Home Library

Sign With Your Baby: How to Communicate With Infants Before They Can Speak, by Joseph Garcia, Stratton Kehl Publications, 2000. ISBN 0-9636229-2-7

www.handspeak.com

Catering to Baby



Part of the fun (and the challenge!) of caring for a baby is learning how to figure out and meet her needs and desires. In the process you consider what you know about Baby's developmental stage, and you watch for cues as to Baby's interests. Intuition, experience and trial and error all play a part. The result is your own, individualized brand of care that is, as the professionals refer to it, development-ally appropriate. Your careful attention to what works and what doesn't ensures that you are meeting Baby where she is and helping her get where she's growing.

Home Activity

Kindermusik activities are adaptable to all ages and stages of babies, and you have the opportunity to customize these activities to your unique baby. Ideas for ways to participate are modeled in class, but you can experiment with more ideas while playing with Baby at home. Consider the following:

- How many ways can you and Baby play with the song Love Somebody? Will you dance around the kitchen? Dance with a stuffed animal? Dance lying on the floor?
- What are Baby's favorite things to do with instruments and other objects?
Can you introduce some new play ideas to her?
- What other music might Baby enjoying listening to?
- How can you include other family members in all of this fun?

Baby's Journal

I've noticed that Baby especially likes...

For Your Home Library

Wonderplay: Interactive & Developmental Games, Crafts, & Creative Activities for Infants, Toddlers, & Preschoolers, from the 92nd St. Y Parenting Center, by Fretta Reitzes & Beth Teitelman, with Lois Alter Mark, Running Press, 1995. ISBN 1-56138-575-1

Simple Steps: Developmental Activities for Infants, Toddlers, and Two-Year-Olds, by Karen Miller, Gryphon House, Inc., 1999. ISBN 0-87659-204-3

Board Book Peek-a-Boo



"Young toddlers enjoy the hinge action of sturdy board books. You might see a toddler turning a page back and forth over and over again. She is creating her own 'peek-a-boo' experience, watching a picture appear and disappear over and over again. Sturdy cardboard pages also help the child learn to use the thumb and forefinger to turn the pages, the skill for mastering paper pages later."

— Simple Steps, by Karen Miller, pg. 40.

Home Activity

As you share the Hickory, Dickory, Tickle and Bounce board book with your baby, you may be thinking most about laying a foundation for a lifetime of reading and enjoying books. As Baby is absorbing the sounds of the words and the sights of the images on the pages, he also may become fascinated with the book as an object to be explored! Encourage this exploration and offer sturdy board books for this type of play and discovery.

Consider creating a board book of your own. Take photos of Baby and various other familiar faces and laminate the photos securely to heavy posterboard. Round the corners of the pages and fasten them together. Save duplicates of the photos; if this book gets worn out, you can create another!

Baby's Journal

When Baby and I share books...

For Your Home Library

Peek-a-Who?, by Nina Laden, Chronicle Books, 2000. ISBN 0-8118-2602-3

*The Real Mother Goose Touch and Feel Book, Scholastic, 2001.
ISBN 0-439-25481-7*

Up, Down, Over and Under We Go!



In class we have been exploring a variety of movement concepts as we move to music. This type of activity helps to develop Baby's vestibular system in several ways, teaching gravity, balance and helping Baby gain a sense of where his body is in space. A well-developed vestibular system provides emotional security, good muscle tone, and develops auditory language processing and visual-spatial processing. All this while you're having fun dancing!!

Home Activity

In class we have danced to The Tailor and the Mouse and a selection from a flute sonata. Some of the movement concepts we have explored together include:

- Side to side.
- 'Round and around.
- Down and up.
- Quick and slow.
- Curvy and straight.

At home this week, choose a recording (see suggestion below) or turn on the radio and explore these and other movement concepts as you dance with your baby. See what happens if you combine the concepts.

- Can you go straight and curvy quickly?
- Can you go straight and curvy slowly?
- What other combinations can you make?
- Add a few playful verbs to the fun: Can you twist? Slither? Prance? Swoop?

Baby's Journal

Dancing with Baby...

For Your Home Library

CD: Famous Ballet Music, Herbert von Karajan conducts the Berlin Philharmonic Orchestra, Deutsche Grammophon, ADD 459-445-2 GTA 2, 1999.

Baby Song



We learn music and language in a similar progression. First we are steeped in it. Gradually we detect and then imitate its sounds and patterns in babbling. Eventually, our desire to communicate and the experience of our ears, brain and muscles converge, and we speak our first words – or sing our first notes!

The early months are a time for feeding your baby's ears with the sounds of her linguistic and musical culture(s). It is important that Baby hear plenty of language and singing from live sources so that she can observe how you make those interesting sounds with your mouth, the expressions your face is making and just what you're conveying emotionally.

Home Activity

Whether you consider your voice to be ready for prime time or shower time, it holds the power to stimulate your baby's musical interests and vocal development. Choose a favorite song from the Song Cards in the back of this Journal and sing it for your baby. Add in some silly vocal play as well. Sing Morning Song about various animals. Have fun making all the animal sounds for Baby. What are her reactions? Consider varying the fun in these ways:

- *Choose some stuffed animals of Baby's. Sing the song about each animal, dancing the animal about for Baby as you sing.*
- *Choose a favorite animal book (or make one – putting several pictures of animals together!). Sing about each animal in the book.*

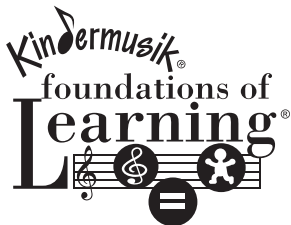
Baby's Journal

Baby's first coo...

For Your Home Library

CD: Dance on a Moonbeam: A Collection of Songs and Poems, Bill Crofut, Telarc #80554, 2000.

Beat, Beat, Beat, Beat



Exposure to steady beat (hearing it, feeling it, being moved to it) is important for Baby's developing sense of steady beat. An internalized awareness of beat will help him coordinate his movements in time. Early demonstrations of this include rocking, nodding, patting, kicking and so on. Later on your baby will be able to demonstrate steady beat through clapping and playing a drum to a steady beat. Steady beat will be a key factor in his learning to walk and (eventually) his learning to march, dribble a basketball and even use scissors.

Home Activity

Steady beat is primarily a receptive activity for Baby, meaning you will provide activities that allow Baby to experience steady beat rather than expecting him to initiate steady beat. What are ways to play with steady beat at home?

- Play an instrument to the steady beat. Improvise using a homemade drum!
- Exercise arms or legs "up, down, up, down;" "'round, 'round, 'round, 'round;" "in, out, in, out;" etc. to the steady beat.
- Bounce Baby (gently for the littlest babies) to the steady beat.
- Make a vocal sound with steady beat, for example a clicking sound or a repeated nonsense word — "boop, boop, boop, boop."
- Make a steady beat movement gently on Baby or for Baby to watch, such as windshield wiper hands.

Baby's Journal

Baby responds to steady beat...

For Your Home Library

Dr. Spock's Baby and Child Care, Revised and Updated 7th Edition: A Handbook for Parents of Developing Children From Birth Through Adolescence, by Benjamin Spock, M. D. and Steven Parker, M. D., Dutton, 1998. ISBN 0-525-94417-6

CD: *Vladimir Horowitz Favorite Encores*, Vladimir Horowitz, CBS Records, MK 42305, 1987.

Pat-a-Cake, Pat-a-Cake, One More Time



Baby can enjoy an activity over and over and over again. With this “practice” new connections are made in Baby’s brain, actually helping it grow, and Baby experiences the satisfaction of intentionally causing an effect in her world. In one study on this subject, an 11-month-old joyfully rolled a ball to a willing adult playmate 180 times before losing interest! Sound familiar?

Home Activity

Just because this semester of Kindermusik Village ends with today’s lesson, the rhyming and singing don’t have to. As you continue with your next Kindermusik class, continue to enjoy the repertoire of the past eight weeks. Use the Song Cards in this Journal, along with your own Family Treasury of Nursery Rhymes (see Home Activity Card 1) to keep Mother Goose an active member of your family. If you haven’t started that Family Treasury of Nursery Rhymes, it’s not too late. Now you have eight weeks of memories to draw from! Remember, repetition, repetition, repetition.

Baby’s Journal

Baby is really familiar with nursery rhymes...

For Your Home Library

The Book of Bounces, The Book of Lullabies, The Book of Simple Songs & Circles, The Book of Tapping & Clapping, The Book of Wiggles & Tickles, by John M. Feierabend, First Steps in Music Series, GIA First Steps, 2000.

Hickory, Dickory, Tickle and Bounce




Song Card

Cackle, Cackle
Mother Goose Rhyme

Cackle, cackle, Mother Goose,
Have you any feathers loose?
Truly have I, pretty fellow,
Quite enough to fill a pillow.



Love Somebody


American Folk Song

1. Love some-bod-y, yes I do. Love some-bod-y,
2. Love some-bod-y, yes I do. Love some-bod-y,

yes I do. Love some-bod-y, yes I do.
yes I do. Love some-bod-y, yes I do.

Love some-bod-y, but I won't say who.
Love some-bod-y, and it's you, you, you!



American Sign Language:
Love

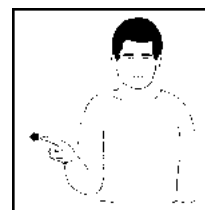
Close both hands. With palms facing
your body, cross your arms at the wrists
and bring them against your heart.

Cuddle Up a Little Closer, Lovey Mine
Karl Hoschna and O. A. Hauerbach

On the summer shore,
Where the breakers roar,
Lovers sat on the glist'ning sand.
And they talked of love,
While the moon above
And the stars seemed to understand.

Then she grew more cold,
And he grew more bold,
Till she tho't that they had better go.
But altho' he heard,
He not even stirred,
Only murmured in tones soft and low.

Cuddle up a little closer, lovey mine.
Cuddle up and be my little clinging vine.
Like to feel your cheek so rosy,
Like to make you comfy cozy,
'Cause I love from head to toesie lovey mine.



American Sign Language:
You

Point to the person to whom you refer.

Song Card

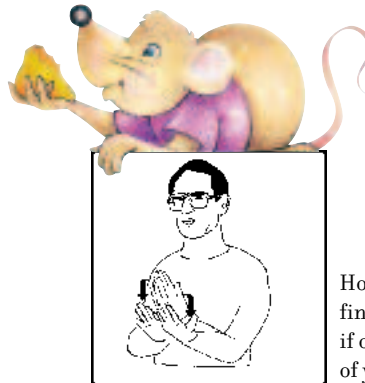
Baa, Baa, Black Sheep

$\text{♩} = 96$ Mother Goose Rhyme/French Tune

Baa, baa, black sheep, have you an-y wool? Yes, sir,
yes, sir, three bags full. One for my mas-ter and
one for my dame, And one for the lit-tle boy who
lives down the lane; Baa, baa, black sheep, have you an-y
wool? Yes, sir, yes, sir, three bags full.

Dickery, Dickery, Dare Mother Goose Rhyme

Dickery, dickery, dare,
The pig flew up in the air.
The man in brown
Soon brought him down,
Dickery, dickery, dare.



The Tailor and the Mouse

English Folk Song

Vs. 1

There was a tailor had a mouse,
Hi diddle unkum feedle.
They lived together in one house,
Hi diddle unkum feedle.

Refrain

Hi diddle unkum, tarum tantum,
Through the town of Ramsay,
Hi diddle unkum over the lea,
Hi diddle unkum feedle.

Vs. 2

The tailor thought the mouse was ill...
Because he took an awful chill...

Vs. 3

The tailor gave him catnip tea...
Until a healthy mouse was he...

American Sign Language: Book

Hold hands together, palm to palm and pointing fingers away from the body. Then open hands as if opening a book, keeping pinkies (the "spine" of your "book") in contact.

Hickory, Dickory, Tickle and Bounce



Song Card

Peek-a-Boo!

$\text{♩} = 80$ New England Nursery Song

Peek - a - boo! I see you; I see you hid - ing
there. La la la la la, peek - a - boo! I see
you; I see you hid - ing there!_____

The musical notation for "Peek-a-Boo!" is written on three staves. The first staff has a treble clef, a key signature of one flat (B-flat), and a 3/4 time signature. The tempo is marked as 80 beats per minute. The melody consists of quarter and eighth notes. The lyrics are written below the staves, with the first line ending in a long dash to indicate a continuation of the song.

Roll That Ball

$\text{♩} = 104$ Illinois/adapted

Roll that ball right down to town, Roll that ball right down to town,
Roll that ball right down to town, So ear-ly in the morn-ing.

The musical notation for "Roll That Ball" is written on two staves. The first staff has a treble clef, a key signature of one flat (B-flat), and a 3/4 time signature. The tempo is marked as 104 beats per minute. The melody consists of quarter and eighth notes. The lyrics are written below the staves.

Beat the Drum

$\text{♩} = 116$ Linda Swears

Beat the drum: rum tum tum! Beat-ing the drum is
lots of fun. Rum tum tum! Rum tum tum!
Ol - lie likes to play the drum.

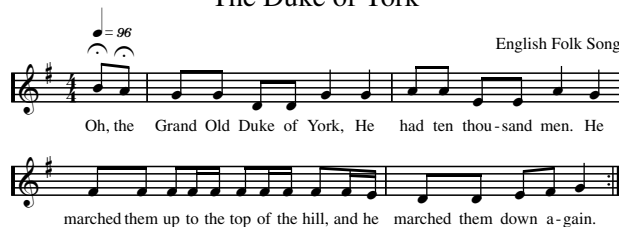
The musical notation for "Beat the Drum" is written on three staves. The first staff has a treble clef, a key signature of one flat (B-flat), and a 4/4 time signature. The tempo is marked as 116 beats per minute. The melody consists of quarter and eighth notes. The lyrics are written below the staves.



Song Card

The Duke of York

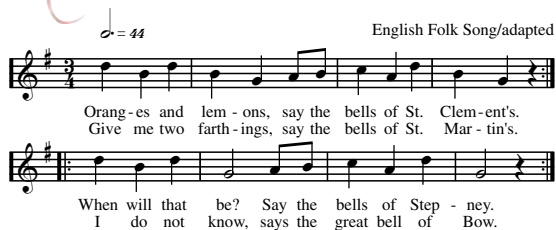
English Folk Song



Vs. 2 And when they were up, they were up.
And when they were down, they were down.
And when they were only half way up,
They were neither up nor down.

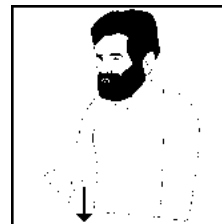
Oranges and Lemons

English Folk Song/adapted



American Sign Language: Up

Point right index finger straight up
and move it up a short distance.

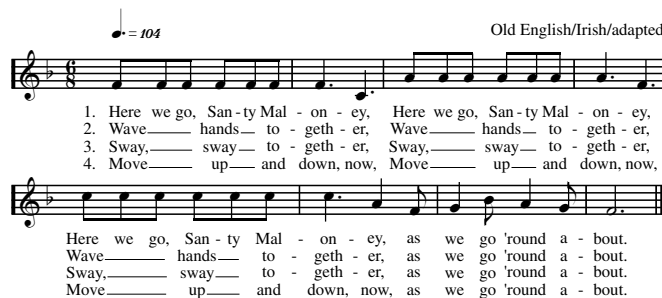


American Sign Language: Down

Point down with right index finger
and move hand down a short distance.

Santy Maloney

Old English/Irish/adapted



Vs. 5 Shake, shake together ... because it's fun to do.
Vs. 6 Shake, shake up high, now ... because it's fun to do.
Vs. 7 Shake, shake down low, now ... because it's fun to do.
Vs. 8 Shake, shake so strongly ... because it's fun to do.
Vs. 9 Shake, shake so lightly ... because it's fun to do.

Hickory, Dickory, Tickle and Bounce



Song Card

Ride-O

$\bullet = 92$ Swedish Folk Song

Ride - o, ride - o, ride - o, Up - on your horse a - stride - o.

Which way shall we ride-o, to the coun-try-side-o, to find a pret-ty bride-o?

The musical notation for "Ride-O" is written on two staves. The first staff begins with a treble clef, a key signature of one flat (B-flat), and a 2/4 time signature. The tempo is marked as 92 beats per minute. The melody consists of eighth and quarter notes. The lyrics are written below the notes.

Trot, Pony, Trot

$\bullet = 84$ Chinese Folk Song

Trot, trot, po - ny trot! Trot to Grand-ma's gate-way.

She'll come out and call her dog, and then we'll ride on, jog-a-jog.

Trot, trot, po - ny trot! Trot, trot, po - ny trot!

The musical notation for "Trot, Pony, Trot" is written on three staves. The first staff begins with a treble clef, a key signature of one flat (B-flat), and a 2/4 time signature. The tempo is marked as 84 beats per minute. The melody consists of eighth and quarter notes. The lyrics are written below the notes.

All the Pretty Little Horses

$\bullet = 60$ American Folk Song

Hush-a-by, don't you cry, Go to sleep-y lit-tle ba-by.

When you wake you shall have All the pret-ty lit-tle hor-ses.

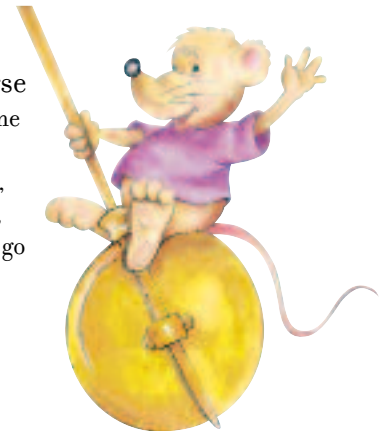
Blacks and bays, dap-ples and grays, Coach and six a-lit-tle hor-ses.

Hush-a-by, don't you cry, Go to sleep-y lit-tle ba-by.

The musical notation for "All the Pretty Little Horses" is written on four staves. The first staff begins with a treble clef, a key signature of one flat (B-flat), and a 2/4 time signature. The tempo is marked as 60 beats per minute. The melody consists of eighth and quarter notes. The lyrics are written below the notes.

Shoe a Little Horse Mother Goose Rhyme

Shoe a little horse,
Shoe a little mare,
But let the little colt go
Bare, bare, bare!



Song Card

Stars and Moon Lullaby

Mother Goose Rhymes
tune by Susan James Frye

$\text{♩} = 66$



Star light, Star bright, First star I see to-night.


$\text{♩} = 66$




The man in the moon— came down— toosoon, And—



asked— his way— to Nor-wich.— He—



went by the south— and burnt his mouth— while




sup - ping cold— plum por - ridge.—



I see the moon and the moon sees me.

$\text{♩} = 66$ *rit.*



Time for bed now. One, two, three.

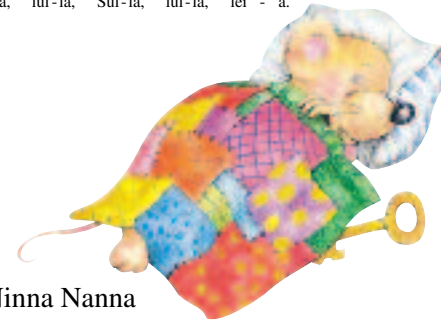
Sulla, Lulla

Norwegian Folk Song

$\text{♩} = 35$




Sul-la, lul-la, sul-la, lul-la, Sul-la, lul-la, lei - a.




Ninna Nanna

Italian Folk Song


$\text{♩} = 60$




Nin - na nan - na, còc-co-lo del - la mam - ma.



Nin - na nan - na, còc-co-lo del - pa - pa.—



Nin - na nan - na, còc-co-lo del - la mam - ma.



Nin - na nan - na, còc-co-lo del pa - pa.

Pronunciation Aid: nee-nah-nah-nah koh-koh-loh deh-la mah-mah (pah-pah)

Meaning: Lullaby, mama's darling.
Lullaby, papa's darling.

Learning™



A musical staff with a treble clef and six notes. The notes are: a lowercase 'a' in a circle, an equals sign in a circle, a smiley face in a circle, a stick figure in a circle, a double smiley face in a circle, and a treble clef in a circle.

Ways to hold Baby





a good beginning
never ends

Kindermusik curricula are developed by a dynamic team
of creative early childhood education and music specialists.

Kindermusik programs are designed for specific age groups and
developmental levels and all include essential parental involvement.

Each curriculum is painstakingly researched, pilot tested,
and refined before being offered to educators and parents.

Kindermusik
Village®



© 2002 Kindermusik® International, Inc.
Post Office Box 26575
Greensboro, N.C. 27415, U.S.A.
All rights reserved.
Printed in the United States.