



Music for Moms

6 EASY WAYS TO SOOTHE AND CONNECT WITH YOUR BABY



Music is an enjoyable activity for you and your baby to share. Try listening to music and singing to soothe and connect with your baby. Even just speaking to babies helps calm them, because a mother's voice is music to her baby's ears.



Sing what you see.

Any time you are with your baby, sing about what you are doing or what you see around you. Make up your own tune, or sing to the tune of a song you know.



Talk the talk.

Talk to your baby often, using real words and short sentences. This helps your baby with learning and bonding.



Try a lullaby.

Lullabies are slow, gentle songs that help calm your baby. Sing them slowly and softly to help your baby feel safe and soothed.



Listen together.

Put on quiet, calming music. Listen closely and breathe deeply as you enjoy a quiet moment with your baby.



Sing a playful song.

During playtime, sing songs that are fun, cheerful and have silly words. This will get your baby's attention and stimulate him or her.



Soothe with vowels.

Calm your baby by singing long, smooth vowel sounds such as "ahhhhh" and "ooooo." To stimulate your baby, sing short consonant sounds like "ba," "ma" or "ta."





Lullaby Lyrics

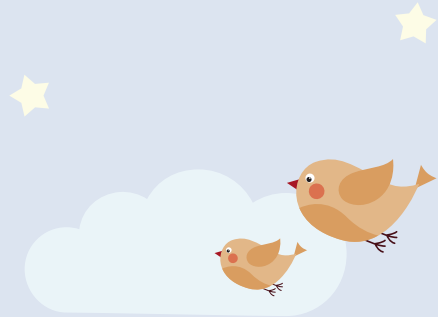
SOOTHE AND CONNECT WITH YOUR BABY THROUGH SONG

Singing lullabies can help soothe and calm your baby. If you forget the words, you can hum or sing using long vowel sounds like “ahhhhh” and “ooooo.”

TWINKLE, TWINKLE LITTLE STAR

Twinkle, twinkle, little star - how I wonder what you are.
Up above the world so high, like a diamond in the sky.
Twinkle, twinkle, little star - how I wonder what you are.

When the blazing sun is gone, when it nothing shines upon,
Then you show your little light. Twinkle, twinkle, all the night.
Twinkle, twinkle, little star - how I wonder what you are.



CUDDLE SONG

I love my baby and my baby loves me too. I love my baby and my baby loves me too.
Hugs and cuddles, that's what we do – 'cause I love my baby and my baby loves me too.

I love my baby and my baby loves me too. I love my baby and my baby loves me too.
Hugs and snuggles, that's what we do – 'cause I love my baby and my baby loves me too.

LULLABY & GOODNIGHT

Lullaby and goodnight, with stars and moonlight.
It is time now for bed, sweet baby rest your head.
Close your eyes for a while, then you'll wake with a smile.
Lullaby and goodnight, 'til the morning sunlight.

Lullaby and goodnight, you are my delight.
My joy and my pride, my baby by my side.
Close your eyes for a while, then you'll wake with a smile.
Lullaby and goodnight, 'til the morning sunlight.

