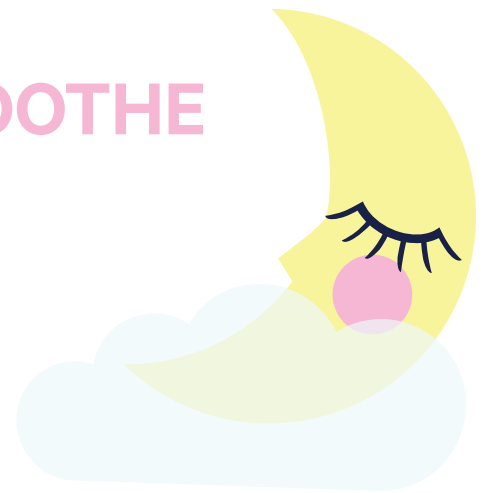


Song Lyrics

QUIET TIME: SONGS TO SOOTHE AND BOND WITH BABY



Listen to relaxation tracks and gentle music on the Montefiore Relaxation Hotline 24 hours a day: 718-920-CALM (2256). Find more tracks online at www.montefiore.org/HealingArts-relaxation

Montefiore
HEALING ARTS

1. TALK THE TALK

I don't need inspiration, or fancy conversation
'cause everything you're saying sounds good to me.
If you think it sounds absurd to use those baby words,
like goo-goo, gah-gah, itty-bitty, say no more.

Because, your expression and your way of telling me the
things you're thinking 'bout, it sounds so sweet.
So just talk the talk, and talk to me!

You don't have to say the right thing, or make it sound exciting
'cause I am just delighting in hearing you.
This language that I'm learning has got my wheels turning,
so tell me more and keep it short, but real words are good for me.

And just your expression and your way of telling me the
things we're doing today, sounds so sweet.
So just talk the talk, and talk to me!

I don't need inspiration, or fancy conversation
'cause everything you're saying sounds good to me...

Just your expression and your way of telling me the
things you're thinking 'bout, it sounds so sweet,
So mami - talk the talk! And papi - talk the talk!
Oh yes, talk the talk and talk to me!
Talk to me...talk to me...talk to me...



2. THE VOICE I KNOW

Birds sing sweetly outside my window, outside my window, outside my window.
I like the songs the birdies sing outside my window, but I love the voice I know!

Grown-ups who look at me smile and say hello, smile and say hello, they smile and say hello!
I like to hear everyone smile and say hello, but I love the voice I know!

Children who come to play, they always giggle, they always giggle, yes they always giggle!
I like to play and hear them say "you make us giggle!" But I love the voice I know!

So sing to me sweetly or smile and say hello, or tell me a story, and hold me and giggle!
You can talk, you can sigh, you can hum or whisper - psst! - I'll listen even better!
You don't have to write a letter, no just sing to me sweetly or smile and say hello.
Or tell me a story, and hold me and giggle. You can talk, you can sigh, you can hum or whisper.
Read me the news, sing me the blues. Moo like a cow, you know you know how!
Or call me on the phone 'cause you and you alone can let me hear the voice - I need to hear that voice!
I love to hear the voice I know!

3. BABY'S BURP BALLAD

Many things between us are not so...glamorous.
One of these things, which is a must, it's when baby needs to...

Buh-buh-buh-buh – burp! Buh-buh-buh-buh – burp!
It's time to
Buh-buh-buh-buh – burp! Buh-buh-buh-buh – burp!
Are you ready to
Buh-buh-buh-buh – burp! Buh-buh-buh-buh – burp!

Just a little pat on the back like that! Just a little pat on the back like that!
Just a little pat on the back like that! Just a little pat on the back.

We need to
Buh-buh-buh-buh – burp! Buh-buh-buh-buh – burp!
It's time to
Buh-buh-buh-buh – burp! Buh-buh-buh-buh – burp!
Are you ready to
Buh-buh-buh-buh – burp! Buh-buh-buh-buh – burp!

Just a little pat on the back like that! Just a little pat on the back like that!
Just a little pat on the back like that! Just a little pat on the back.

It's time to buh-buh-buh-buh – burp!
Are you ready to buh-buh-buh-buh – burp?
We have to buh-buh-buh-buh – burp!
You know you need to buh-buh-buh-buh – burp!
Don't you wanna buh-buh-buh-buh – burp?
Yes you're gonna buh-buh-buh-buh – burp!

Oh, now it's time for a great big baby
Buh-buh-buh-buh, buh – buh-buh-buh-buh, buh – buh-buh-buh-buh – burp!



4. SINGING YOUR SONG

Time fly, fly, flies. Don't want to blink my eyes. And my, oh my, I try...
to slow it down, down, down. I know it now, now, now, it's true what they say - so I'll cherish every day.

There's so much going on, but I'm gonna take some time to sing you a song.

Sing you a so - o - o - o - o - o - o - o - o - ong! Sing you a so - o - o - o - o - o - o - o - o - ong!
It's doesn't have to take long, and I can't get it wrong. Just singing your song.

Every time I look at you, it's like you're doing something new. Oh it's amazing, the things you learn to do!
Getting so big, so tall. Getting back up whenever you fall, and seeing I'm here - right here - anytime you call.

Although you're growing strong, we still need some time to be our time for singing a song.

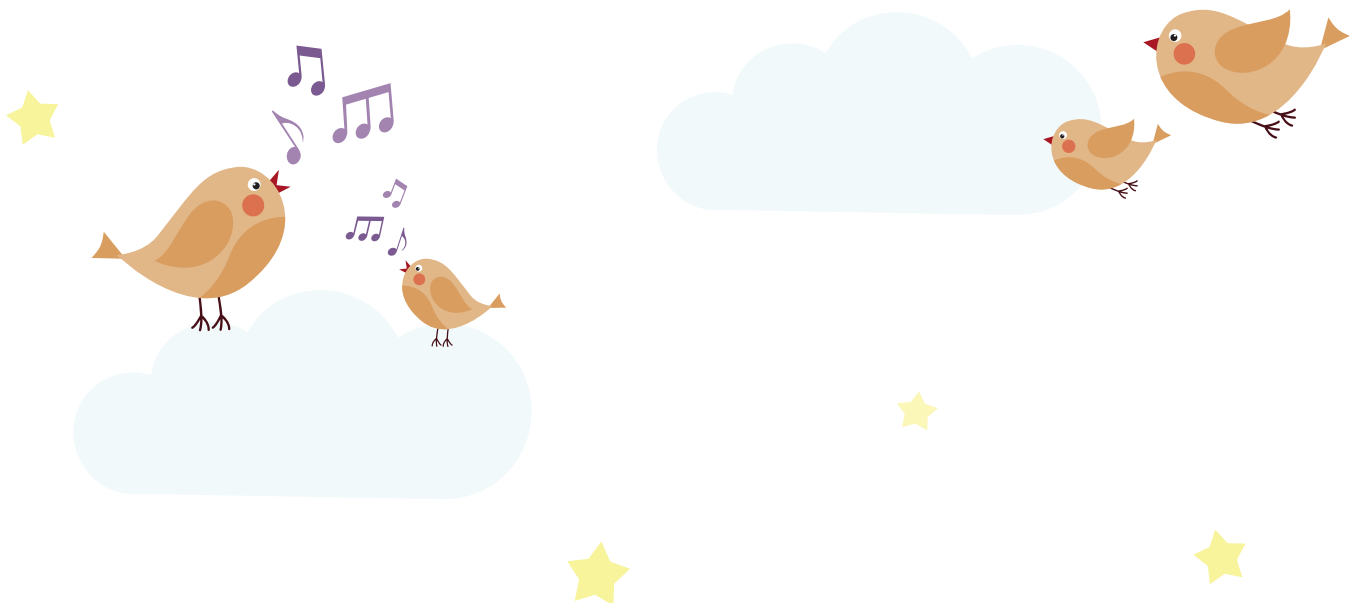
I'll Sing you a so - o - o - o - o - o - o - o - o - ong! Sing you a so - o - o - o - o - o - o - o - o - ong!
It's doesn't have to take long, and I can't get it wrong. Just singing your song.

And when you are all grown up, you will still be my love, and we'll remember these songs meant just for us...

Our songs are never done. Wherever we go, we'll always know the love we show,
and the love we share, by singing our...

So - o - o - o - o - o - o - o - o - ong! Singing a so - o - o - o - o - o - o - o - o - ong!
Singing a song, a song. Singing a song, a song.
It doesn't have to take long, and I can't get it wron.
Just singing our song.

La la la la, La la la la, Laaaaa.
La la la la, La la la la, Laaaaa.



5. THAT & THIS

They wake you up and up you get. Then it's holding and rocking,
and feeding & changing & shushing & singing & talking to them!
They need you now and now it is. Need more feeding and burping,
and reading & playing & cleaning & working to make baby happy as can be!

Then you see...

Before dreaming, comes screaming. They're cooing, then they're pooing.
With crying comes sighing, and trying to fix it all with a kiss.
But you keep going, always knowing, there'll be more of that and more of this.

It's like the song that never ends! They go from hungry to sleepy, to smelly then yell-y, and fussy and messy,
then jolly and silly a moment but, really, they're wet and dirty too.

And then you do it all again! That's right - from hungry to squirmy, to cranky then sleepy but toss-y & turn-y,
then silly and funny but this time it's runny. Yes, wet and dirty too. (Ew!)

After dreaming, comes screaming. They're lit up, then they spit up.
With crying comes sighing, and trying to fix it all with a kiss.
But you keep going, always knowing, there'll be more of that and more of this.

It's late at night and you're awake, because baby needs Mommy,
and Mommy lets baby fall asleep in her arms.
You yawn with a smile. Dawn will break in a while, with that sunrise you used to always miss.
And you'll greet that baby with a kiss.

A new day is here with baby so dear. Ready or not, you'll be ready you've got
all you need inside – your joy, your pride, your strength and love, your voice, your hug, your kiss.

And you keep going, always knowing, there'll be more of this & that,
and surely more of this & that, and still some more of this & that, and that & this.



6. IN A LULLABY

Enjoying the moment, hearing the quiet.
Seeing each other, and being together.
Here in the calm and peaceful now.
These are the lullabies of life.

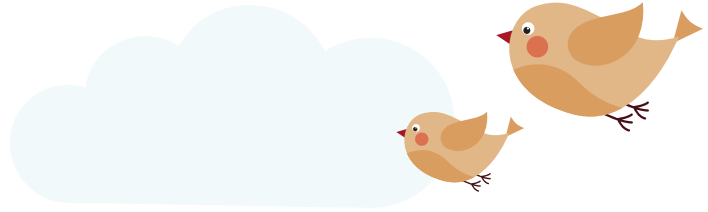
In a lullaby, no one's phone rings.
In a lullaby, no one has to work.
In a lullaby, we just sit and wait.
Enjoying the moment, hearing the quiet,
seeing each other, and being together, here in the lullabies of life.

In a lullaby, no one has a plan.
In a lullaby, there are no distractions.
In a lullaby, we can just stay here.
Enjoying the moment, hearing the quiet,
seeing each other, and being together, here in the lullabies of life.

In a lullaby, people fall in love.
In a lullaby, nothing else matters.
In a lullaby, time could almost stop.
Enjoying the moment, hearing the quiet,
seeing each other, and being together, here in the lullabies of life.

Our world is so busy. Life happens so fast.
The lulls fill up with other things, the moment doesn't last.
We need some quiet time now, we'll take it if we're wise.
We need the lulls and maybe that's why we sing lullabies...

In a lullaby, right now is enough.
In a lullaby, nothing turns to something.
In a lullaby, we have all we need.
Enjoying the moment, hearing the quiet,
seeing each other, and being together.
These are the lullabies of life.



7. HUMMINGBIRD

Breathe the fresh air in, blow the warm air out. Breathe it in again, then let a sound come out, soft and low, here you go, you can hum. Mmmm, mmmmm.

Baby birds can fly, baby birds can play. Baby birds can sing to welcome each new day. Hummingbirds can dance, moving to and fro. With wings that make a hum, we hear it soft and low. Mmmm, mmmmm.

Hello baby bird, I'll hold you in my arms, so you can hear my hum, and feel it from my heart. The sound feels safe and warm, like the shining sun. You'll feel like you can float, listen to me hum. Mmmm, mmmmm.

Every hummingbird needs to perch and rest. Mother hummingbird knows this lesson best. I'll hold you to my heart so you can hear my hum. And rest your tired wings, my precious little one. Mmmm, mmmmm.

Let's breathe the fresh air in, let's blow the warm air out. Let's breathe it in again, and let a sound come out, soft and low – mmmm. Mmmm, mmmmm.

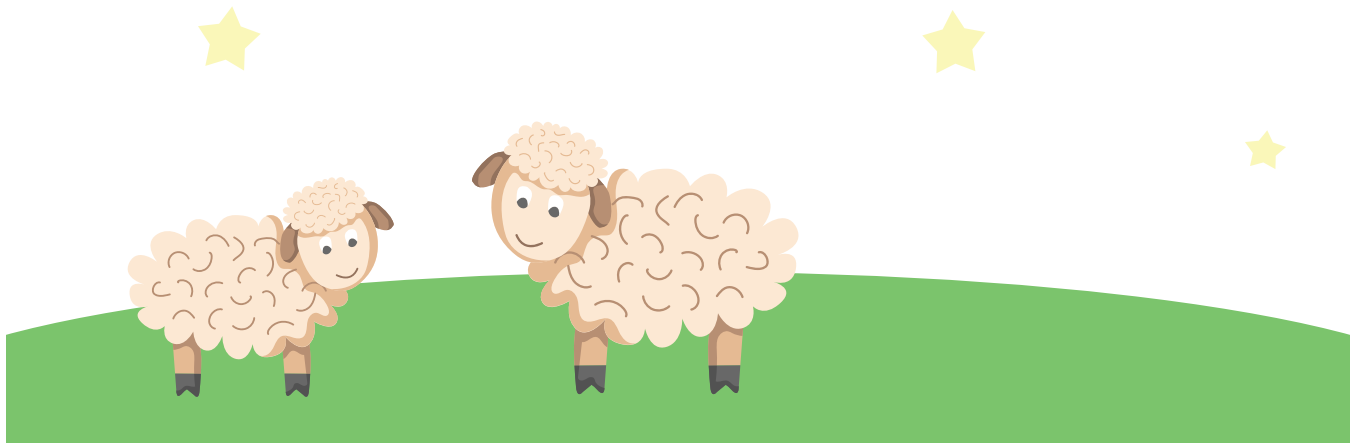
The hummingbird enjoys all life's sweetest things, floating like a feather, with its shimmering wings. See the hummingbird, feel your spirit fly. Hear its gentle hum, nature's lullaby. Mmmm, mmmmm.

8. 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.

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.



9. TWINKLE, TWINKLE

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.

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.

10. LULLABY AND GOODNIGHT

Lullaby and goodnight, with stars and moonlight.
It is time now for bed, sweet baby rest your head.

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.

