



Nursery rhymes

This activity is designed to help develop communication skills.

You will need

A group of parents, babies and children of any age!

Start with a wow fact

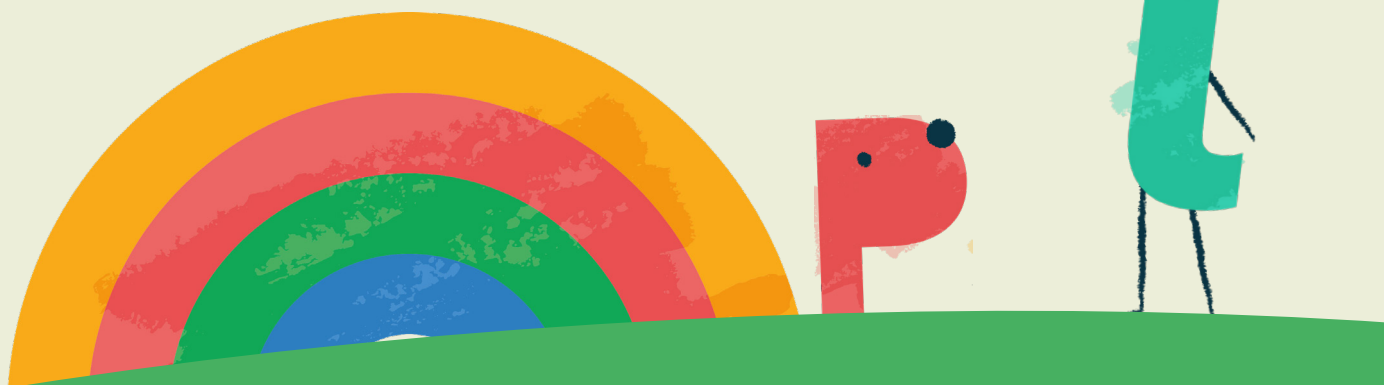
**“Babies begin to hear voices when they’re in the womb.
When a baby is born, their parents’ voices
are already their favourite sounds.”**

Before you begin

When babies and children are having fun it is a great time for learning.
So remember, you only have to play this for as long as the children are enjoying it.

How to play

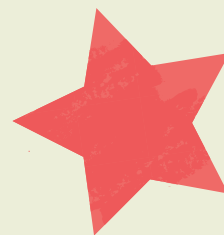
- Sit in a circle, parents should be facing their children.
- Make eye contact, smile and begin singing these songs -
You can find the lyrics on our website
 - *Row, Row, Row Your Boat*
 - *One Potato, Two Potato*
 - *Five Little Ducks*
- After a short while, stop singing and wait for the babies and children to respond.
- The babies might kick their legs or smile. This is their way of asking for more.
- The older children should be encouraged to join in with the singing, but don't worry if they decide not to.



How does this help?

Singing helps babies and children to improve their

- Listening skills
- Understanding of different words
- Brain connections through repetition



It's fun for siblings too!

As much as possible, encourage families to include their older children in playing games together.



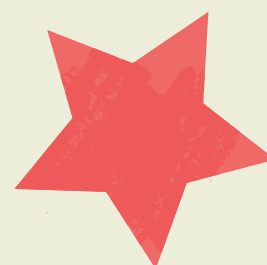
For parents to try themselves

Encourage parents to try singing songs at home.

They can be well known nursery rhymes, or ones they make up with their children together.

Babies and children love hearing songs at any time of day, so try singing songs

- At bath time
- In the car together
- When you're hanging out the washing
- When you're changing a nappy



**Parents and carers can find more activities
and resources to try at home by visiting**

www.bit.ly/tinyhappypeople
[@thp_pilot](https://www.instagram.com/thp_pilot)

