

Action Songs and Rhymes

Action songs and rhymes are a really enjoyable way for you and baby to have fun together.

Don't worry if you aren't a good singer, your baby won't mind at all and will grow to love repeating these activities over and over again.



The following action rhymes and songs have been specially chosen because:

- They help baby become aware of both sides of his or her body but especially baby's **LEFT** side.
- They help baby to develop his or her sense of touch, and tickling, used as part of these rhymes makes baby laugh and helps your baby to become more aware of that body area.
- They help baby to develop his or her language skills.
- They encourage important movements of arms and legs.
- Clapping teaches your baby how the two hands can come together, and prepares your baby for two-handed play.
- They are a fun and enjoyable way for you both to grow closer together.
- They are a lovely way to involve brothers and sisters in play.

You can sing these songs anywhere but make sure that you and your baby can look at each other throughout.

Your baby can lie straight in front of you on your lap or on the floor:



or with his or her **LEFT** side closest to you.

Baby can also be positioned in a bouncer or rocker chair or in a pram or buggy.

Again, you should either sit centrally in front of it or to your baby's **LEFT side.**

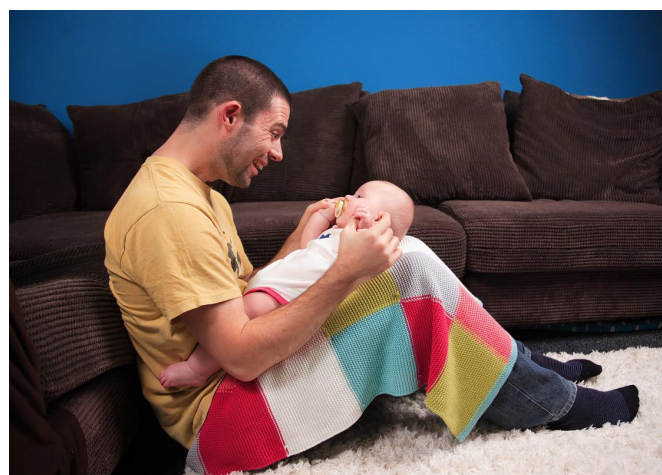


If other children or adults are joining in then ask them to sit to your baby's **LEFT side.**



You can even sing while you are sitting cuddling and when you are feeding

Or lie baby on your lap in the 'lap hold'.



If the actions for some songs are difficult to do with baby just sing them to baby.

Once your baby has become familiar with the songs and rhymes you can try to do the actions with baby again.

When touching your baby during the actions try to use reasonable pressure which is gentle enough so as not to cause pain or discomfort to your baby.

This will help to become more aware of his or her **LEFT side.**



You can find an instructional video for each of these songs and rhymes on the eTIPS website.

Incy Wincy Spider



This rhyme can help baby become more aware of his or her **LEFT** side through touch.

Incy Wincy spider

climbing up the spout

Down came the rain and

washed poor Incy out

Out came the sunshine

and dried up all the rain

So Incy Wincy spider

climbed up the spout again

*Starting at baby's **LEFT** foot, walk your hand up baby's **LEFT** side to baby's shoulder*

*Gently and quickly brush your hand all the way back down baby's **LEFT** side*

*Gently walk your fingers up baby's **LEFT** side and tickle under baby's chin*



Round and Round the Garden



This rhyme helps baby become more aware of his or her **LEFT** hand/arm through the sensation you give to your baby's **LEFT** side.

Round and round the garden

Like a Teddy Bear

One step, two step

Tickle you under there!

*Draw a circle with your finger on baby's **LEFT** palm*

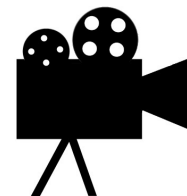
*Walk your fingers up baby's **LEFT** arm*

Tickle baby under chin, under arm or tummy

*Repeat the rhyme with baby's **LEFT** foot*



Pat A Cake



This rhyme helps baby become more aware of his or her **LEFT** hand and foot. Through clapping it also teaches baby how both hands and feet can come together in the middle.

**Pat a cake, Pat a cake,
baker's man**

**Bake me a cake as fast as
you can**

**Pat it and prick it and mark
it with 'B'**

**And put it in the oven for
Baby and me**

**Pat a cake, Pat a cake,
baker's feet**

**Bake me a treat that's good
to eat.**

**Pat it and prick it and mark
it with 'B'**

**And put it in the oven for
Baby and me**

*Gently hold baby's hands and
clap them together*



*Pat baby's **LEFT** hand and
draw a letter 'B' with your
finger on baby's palm*

*Touch baby's chest with
baby's **LEFT** hand and then
move it towards you*

*Gently clap baby's feet
together*



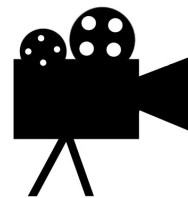
*Pat baby's **LEFT** foot and
draw a letter 'B' with your
finger on the sole of baby's
LEFT foot*

*Move baby's **LEFT** foot
towards baby and then
move it towards you*



This Little Piggy

This rhyme helps baby become more aware of the fingers and toes on his or her **LEFT** side through touch and movement.



This little piggy went to market

This little piggy stayed at home

This little piggy had roast beef

This little piggy had none

And this little piggy went...

"Wee wee wee" all the way home!

This little piggy woke up

And this little piggy ate some bread

This little piggy had a bath

And this little piggy got fed

And this little piggy went...

"Wee wee wee" all the way to bed!

*Touch one of your baby's fingers on the **LEFT** hand for each of the "little piggies"*

*Then run your fingers up baby's **LEFT** arm and tickle under the **LEFT** side of baby's chin*

*This time touch a toe on baby's **LEFT** foot for each of the "little piggies"*



*Then run your fingers up baby's **LEFT** leg and tickle baby's tummy on the **LEFT** side*

If You're Happy and You Know It



This song helps baby become more aware of his or her **LEFT** arm and leg and also of how both hands can come together in the middle.

Verse 1

If you're happy and you know it,
clap your hands

If you're happy and you know it,
clap your hands

If you're happy and you know it,
and you really want to show it

If you're happy and you know it,
clap your hands.

Gently clap baby's hands together twice after each "clap your hands"



Verse 2

If you're happy and you know it,
wave your arm

If you're happy and you know it,
wave your arm

If you're happy and you know it,
and you really want to show it

If you're happy and you know it,
wave your arm.

*Gently wave baby's **LEFT** arm twice after each "wave your arm"*



If You're Happy and You Know It continued

Verse 3

If you're happy and you know it,
shake your leg

If you're happy and you know it,
shake your leg

If you're happy and you know it,
and you really want to show it

If you're happy and you know it,
shake your leg.

Verse 4

If you're happy and you know it,
stamp your feet

If you're happy and you know it,
stamp your feet

If you're happy and you know it,
and you really want to show it

If you're happy and you know it,
stamp your feet.

*Gently shake baby's
LEFT leg twice after each
"shake your leg"*



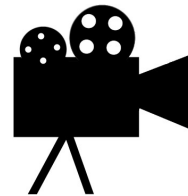
*Gently touch baby's feet
together twice after each
"stamp your feet"*





Tommy Thumb

This song helps baby become more aware of the **LEFT** fingers and thumb through touch and movement.



Tommy Thumb, Tommy Thumb,
where are you?
Here I am, here I am, how do you do?

Peter Pointer, Peter Pointer,
where are you?
Here I am, here I am, how do you do?

Toby Tall, Toby Tall,
where are you?
Here I am, here I am, how do you do?

Ruby Ring, Ruby Ring,
where are you?
Here I am, here I am, how do you do?

Baby Small, Baby Small,
where are you?
Here I am, here I am, how do you do?

Fingers all, Fingers all, where are you?
Here we are, here we are,
how do you do?

*Lift baby's **LEFT** hand in the air and raise baby's **LEFT** thumb*



*Now raise baby's **LEFT** index finger; that's the finger which points*



*Now raise baby's **LEFT** middle finger; that's the tallest finger of all*



*Now raise baby's **LEFT** ring finger; that's the third finger along*



*Now raise baby's **LEFT** little finger*

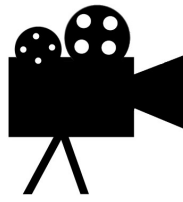


*Now hold all the fingers and thumb of baby's **LEFT** hand and give them a gentle wiggle*





Two Little Dickie Birds



This rhyme encourages important forearm and thumb movements.

Two little dickie birds

Sitting on a wall

One named Peter

One named Paul

Fly away Peter

Fly away Paul

Come back Peter

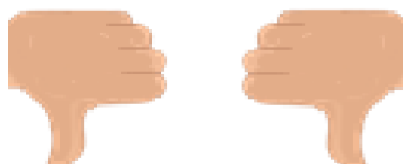
Come back Paul

Gently hold both of baby's hands and move baby's thumbs up like this:



*Baby's **LEFT** thumb is Peter and the **right** thumb is Paul
Gently stroke each thumb as you say the names*

Gently turn baby's hands over as each bird flies away so that the thumbs point down



Gently turn baby's hands back as each bird returns so that the thumbs point up again



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