

The background of the cover is a deep blue night sky. In the upper left corner, a large, bright, glowing moon is visible. Below it, a smaller, dimmer moon is partially obscured. Several small, white stars are scattered across the sky. A large, fluffy, white cloud formation dominates the right and center of the image, appearing to glow from within. The overall mood is peaceful and dreamlike.

Dream Pillow

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 books for parents/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 _____

The Importance Of Ritual



In the simple interaction of daily care routines, Baby is learning from you in many ways – through your language, touch, eye contact, tone of voice, pacing and more. She is also developing a sense of sequence of the day's events. Most importantly, though, in these acts of care she is learning how much she is loved by you.

Home Activity

As we go about our daily lives, we create and recreate routines. This may be done intentionally or without really thinking about it. Consider the daily routines in your life that relate to caring for Baby. Choose one of your routines to focus special attention on this week. As you go through that routine, whether it be diapering Baby, feeding her, or taking her to her daycare, focus on adding a special element to the experience. You can: take extra time, sing and talk to Baby, pay attention to sensory input – light, sound (music!), smells, taste and add touch – a kiss, a hug, or intentional touch as we did in class.

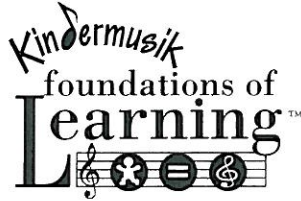
Baby's Journal

In his book Care of the Soul, Thomas Moore writes: "Knowing that everything we do, no matter how simple, has a halo of imagination around it and can serve the soul enriches life and makes the things around us more precious, more worthy of our protection and care In a life that is animated with ritual there are no insignificant things." A "halo of imagination"...

For Your Home Library

Everyday Blessings: The Inner Work of Mindful Parenting, by Myla and Jon Kabat-Zinn. Hyperion, 1997. ISBN: 0-7868-6176-2

Listen Closely



Home Activity

Listening is a form of attending. As you model listening in this activity and as you patiently support Baby's sustained interest in an activity, you are helping him develop an important life skill – focused attention.

Include listening in your daily play with Baby, using the "Listen, Listen" song and "So High" rhyme that we have used in class. Gather a basket of sound sources – any items with which you can make a sound. Here are some ideas to get started: a partially filled plastic water bottle (lid securely fastened): shake the water; wax paper: crinkle it or wave it in the air; two plastic drinking cups or containers of different sizes: make a "clip-clop" horse trotting sound by turning the cups over and gently striking them on a table or floor. And instruments, of course: Kindermusik baby bells, egg shakers, and Village chime balls. Play as we did in class. Find new ways to play with them.

After singing the song and speaking the rhyme with one of your found sound makers, continue free play with the sound as long as Baby is interested in it. Then try the song and rhyme with another sound. As you encourage Baby to become more attuned to his sound environment, you probably will start noticing sounds you hadn't noticed before yourself.

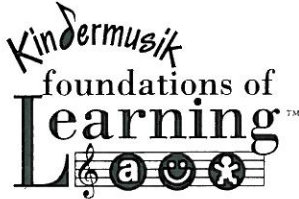
Baby's Journal

Baby listens...

For Your Home Library

CD: Beau Soir: an evening of French chamber music with the Kithara Trio, Kithara Discs, 1997.

Dream Pillow Lullaby



For language acquisition to progress naturally, Baby needs varied and frequent language experiences, including opportunities to “converse” with you, hear you talk about events as they happen, hear conversation between others, and be exposed to books. The Dream Pillow book is organized around repeating rhythmic patterns and sentences, and is designed to bathe Baby in the sounds, rhythm, and syntax of our language.

Home Activity

For the next two weeks, your home activities involve two different types of book experiences with different types of goals. This week, as you read the Dream Pillow book at bedtime, take your time. Enjoy the way it feels to say each word, paying special attention to consonants (e.g. dusk, kissing, shadows, humming, pillows, quietest, whisper, etc.). Enjoy using your voice in a soothing way as you read to Baby. Repeat the text on each page as many times as you like, as long as Baby is listening. She benefits from hearing the repetition. If Baby is going through a period of difficulty going to sleep, don't worry if the book doesn't provide “The Answer” or isn't well-received at bedtime. Find other times to share quiet reading time with Baby, too.

Baby's Journal

I wonder what Baby dreams...

For Your Home Library

Frank Asch books about Bear and the Moon: Moondance, ISBN: 0-590-45487-0; Mooncake, ISBN: 0-671-66450-6; Happy Birthday, Moon, ISBN: 0-13-383696-7; Moongame, ISBN: 0-671-66452-2

Homemade Bedtime Stories



Last week's home activity related to reading Dream Pillow Lullaby as one type of language experience for Baby. This week's activity features a different type of bedtime story – one of your own creating. As you "read" your homemade book together, Baby won't necessarily understand what you are saying, but she is learning to associate word labels with objects.

Home Activity

Create your own bedtime book for Baby. Use pictures of familiar nighttime scenes and things such as: bath time and bath toys, blanket, nightlight, pajamas, Mom, Dad, Baby, Babysitter, rocking chair, Baby's room, bottle, crib.

Draw pictures, take photos of Baby's very own bedtime things, or cut pictures from magazines. Glue pictures to cardboard pages and laminate them. Make your book in a fun shape with rounded edges, such as a heart or cloud. Punch holes in the pages and tie them together or link them with one-inch silver rings. Keep your homemade baby book with Dream Pillow Lullaby to use at bedtime each evening. As you read your homemade book to Baby, point to and label pictures, and make up short stories about Baby that relate to the pictures.

Baby's Journal

At bedtime....

For Your Home Library

Goodnight Moon, by Margaret Wise Brown; pictures by Clement Hurd, Harper Collins, 1947, '75, '82. ISBN: 0-06-020705-1

Musical Meals



Baby learns best when emotionally involved in an activity. This is because incoming sensory stimulation is processed first through the non-rational, non-conscious limbic system in the brain, the seat of emotion, and only then goes to the neocortex, or rational brain. The lower the emotional content of an experience, the less memorable it is.

Home Activity

Baby is naturally musical. Hearing you sing to her and listening to recordings are like food for her musical appetite. Baby knows and loves the voices of those who are closest to her and is not critical of you. In fact, more than your vocal or musical skill, your greatest contribution to Baby's musical development is to share music with her, allowing her to experience your appreciation of music. Enjoy your private audience with Baby as an opportunity to share your voice. You will nurture Baby's musical disposition and your own in the process. This week, make it a priority to sing with Baby three times a day. Consider these song sessions musical breakfast, lunch and dinner. Lunch can be interpreted loosely. If you are not with Baby in the middle of the day, lunch may occur at 5:30, and supper at 6:00. Or set a different song goal for yourself. Sing more than three times if you like. Just try to weave it into your daily routine. You will find that there is a song for everything. If you can't remember what that song is, make one up! Ideas for activities to accompany with song: Have you ever tried a gentle waking up song? A teething song?

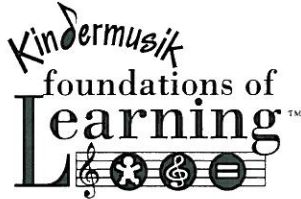
Baby's Journal

Baby's voice...

For Your Home Library

Lullabies Around The World, Featuring Designs From the Hallmark Collection, Hal Leonard, 1994. ISBN: 0-7935-3777-0 (hardcover); 0-7935-3525-5 (softcover)

Stargazer



Many musical activities in class and at home provide opportunities for Baby's multi-sensory learning style. As you sing "Oh, Watch the Stars" and play the star game with Baby, you stimulate her up-close and distance eye development, visual tracking, and provide a visual experience of beat and rhythm. This visual activity also encourages focused attention.

Home Activity

You and Baby are going to be stargazers this week, right inside your home. Listen to "Oh, Watch the Stars" on Baby's Home CD, or choose your own favorite star song. You will need a flashlight and two surfaces on which to shine the light, one of these surfaces close to Baby (e.g. the paper plate, floor, piece of clothing), and the other far away (e.g. a wall). (NOTE: With the clothing and paper plate, you can hide the flashlight behind the object and the light will show through, creating a surprise for Baby.) Dim the lights. Sing the song as you play with the flashlight. Experiment with creating a steady beat with the flashlight, flashing the light in the rhythm of the words, and alternating smooth, continuous motions and shorter, interrupted flashes. Repeat, shining the light on the far surface. (Do not shine the light farther away than Baby can see!) Observe Baby's reactions. Is she following the light with her eyes? Is she interested in the light? **Safety Notes: Do not let Baby play with the flashlight unattended. Do not allow the flashlight to shine in Baby's eyes.**

Baby's Journal

Baby seems to enjoy ...

For Your Home Library

CD: *Impressions of France*, Cristina Ortiz; piano, MCA Classics, 1987.
MCAD: 25969.

The Village In Your Neighborhood



Have you noticed how interested Baby is in other people? Watch the babies during your shared music time. Babies imitate each other's facial expressions, explore each other through touch, taste (!) and observation. Through happy, small-group experiences such as this, the babies are also developing a sense of trust in others and an understanding that they are valued by other adults.

Home Activity

How about gathering together friends, family or your play group this week for the sole purpose of a shared music day? Get out your Dream Pillow Baby's Journal, flip through the song pages, and sing! Ask others to bring along favorite instruments – purchased or homemade. Or make some together! Ask friends to suggest favorite songs. Did you notice that movement steps for the more involved movement activities also are included in your song pages? Refresh your memory by reading the steps to "Tants, Tants, Yidelekh!", turn on your Dream Pillow CD, and lead your group in this fun activity.

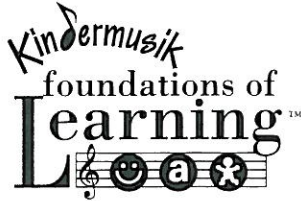
Baby's Journal

If Baby could talk about music...

For Your Home Library

CD: Lullaby Berceuse, Connie Kaldor and Carmen Campagne, Music for Little People, 1996. ISBN: 1-56628-092-3

I Love You!



The vestibular system controls sense of balance and physical orientation. The vestibular system is very active as Baby gains a sense of gravity and understanding of his physical environment through movement. Rocking, swaying, and movement which rotates the head all help stimulate Baby's vestibular system. Enjoy bonding with Baby while helping him learn through movement.

Home Activity

Turn on Baby's CD and dance with him to "Skinnamarink," stopping at every "I love you," as we have in class. Follow the dance with vocal play on the words "I love you." As you dance and converse with Baby, pay attention to the ways in which you are conveying emotion – through your movement, your voice, your facial expressions, your touch, your responses to Baby, and your eye contact with Baby. Involve friends and the whole family in the "I love you" fun. Dancing ideas: freeze in a different position on each "I love you," "dance" Baby's arms and legs to the music, stopping on each "I love you," follow Baby as he walks, and catch him and pick him up at each "I love you." Vocal play ideas (before a mirror or face to face): repeat a lot, and listen a lot. Use your voice in a variety of ways. Try speaking (normal/high voice, fast/slow, smooth/detached), whispering and singing. Say "I love you" in another language or with sign language.

Baby's Journal

Baby "talks" to me....

For Your Home Library

Baby Signs; How to Talk with Your Baby Before Your Baby Can Talk, by Linda Acredolo, Ph.D., and Susan Goodwyn, Ph.D., Contemporary Books, 1996.

Song Card

O, How Lovely Is The Evening

Traditional Round

$\text{♩} = 42$

1. O, how love - ly is the
 eve - ning is the eve - ning,
 When the bells are sweet - ly
 ring - ing, sweet - ly ring - ing,
 Ding, dong, ding,
 dong, ding, dong!

2. When the bells are sweet - ly
 ring - ing, sweet - ly ring - ing,
 Ding, dong, ding,
 dong, ding, dong!

3. When the bells are sweet - ly
 ring - ing, sweet - ly ring - ing,
 Ding, dong, ding,
 dong, ding, dong!

Dance, Little Baby

Words by Ann Taylor
 Music by Susan James

$\text{♩} = 96$

1. Dance, lit - tle ba - by, dance up high,
 Nev - er mind ba - by, moth - er is by; Crow and ca - per,
 ca - per and crow, There lit - tle ba - by, there you go:
 2. Up to the ceil - ing, down to the ground,
 Back - wards and for - wards, round and a - round. Then
 dance lit - tle ba - by, and moth - er shall sing, with the
 mer - ry gay cor - al ding ding - a - ding.

Tempo markings: *free*, *molto rit.*, *rit.*, *rubato*, *a tempo*

Song Card

Sur le pont d'Avignon

French Folk Song



1 Sur le pont d'A-vi-gnon L'on y dan-se, l'on y dan-se,
 1. On the bridge (et) A-vi-gnon There is danc-ing, there is danc-ing.



Sur le pont d'A-vi-gnon L'on y dan-se tout en rond.
 On the Bridge (et) A-vi-gnon There is danc-ing all a-bout.



Les mes-sieurs font comme ci, Et puis en-core comme ca.
 Gen-tle-men go this way, And a-gain now that way.
 (Lad-ies all go this way.)

Vs. 2 How d'you do? How d'you do?
 Pleased to meet you, pleased to meet you.
 How d'you do? How d'you do?
 Pleased to meet you; how d'you do?

Vs. 3 Clap up high, clap down low.
 Swing around now, swing around now.
 Clap up high, clap down low.
 Swing around now, swing around.

Vs. 4 Elbows (*feet, etc.*) together, elbows (*feet, etc.*) together.
 Rock and sway now, rock and sway now.
 Elbows (*feet, etc.*) together, elbows (*feet, etc.*) together.
 Rock and sway now, rock and sway.

Vs. 5 Tap your toes, tap your toes.
 Turn around now, turn around now.
 Tap your toes, tap your toes.
 Turn around now, turn around.

Vs. 6 Trot, trot, trot, trot, trot, trot.
 Swaying, swaying, swaying, swaying.
 Trot, trot, trot, trot, trot, trot.
 Swaying, swaying, sway and stop.

Vs. 7 Walk to the center, walk to the center.
 Stop and listen, _____
 (silence)
 Walk back out, walk back out.
 Stop and listen, _____
 (silence)

Dream Pillow Lullaby

Susan James



The sun is set-ting col-ors in your win-dow, lit-tle



one. The sun is set-ting col-ors in your win-dow.

Vs. 2 Dusk has kissed the falling sun goodnight, little one.
 Dusk has kissed the falling sun goodnight.

Vs. 3 Twilight smiles and fills herself with shadows, little one.
 Twilight smiles and fills herself with shadows.

Vs. 4 A bedtime breeze fluffs clouds into dream pillows, little one.
 A bedtime breeze fluffs clouds into dream pillows.

Vs. 5 Stars put on their quietest pajamas, little one.
 Stars put on their quietest pajamas.

Vs. 6 The rising moon is humming in her nightgown, little one.
 The rising moon is humming in her nightgown.

Vs. 7 And sleep is now a whisper all around you, little one.
 And sleep is now a whisper all around you.

Jack, Be Nimble

Jack, be nimble,
 Jack, be quick,
 Jack, jump over the candlestick.

Song Card

May There Always Be Sunshine

Russian Children's Song

$\text{♩} = 50$

May there al-ways be sun-shine, May there al-ways be blue skies, May there

al - ways be ma - ma, May there al - ways be me

Vs. 2 Substitute "Daddy" for "Mama."

Vs. 3 Sing the melody on "du" or "loo."

Everybody Loves Baby

Southern American Lullaby
 Words Adapted by Susan James

$\text{♩} = 50$

Mem - my loves, and Dad - dy loves, and

ev'-ry-bod-y loves lit-tle ba-by. Sis - ter loves, and

Broth - er loves, and ev'-ry-bod-y loves lit-tle ba-by.

Listen, Listen

Susan James

$\text{♩} = 92$

The stars are mak-ing mu-sic in the sky to - night, and the

sound is quite fa-mil-iar as I lis-ten, lis - ten, *(instrument sound)*

lis - ten, lis - ten, *(instrument sound)* lis - ten, lis - ten,

repeat ad lib
(instrument sound) and stop. *(no sound)* The

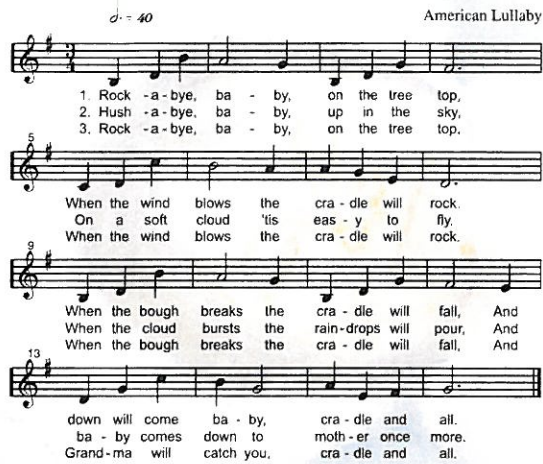
Let's Go to the Wood

"Let's go to the wood," says this pig.
 "What to do there?" says that pig.
 "To look for my mother," says this pig.
 "What to do with her?" says that pig.
 "To give her a kiss, to give her a kiss,
 To give her a kiss," says this pig.

Song Card

Rock-a-bye, Baby

♩ = 40 American Lullaby



1. Rock - a - bye, ba - by, on the tree top,
 2. Hush - a - bye, ba - by, up in the sky,
 3. Rock - a - bye, ba - by, on the tree top.

5
 When the wind blows the cra - dle will rock.
 On a soft cloud 'tis eas - y to fly,
 When the wind blows the cra - dle will rock.

9
 When the bough breaks the cra - dle will fall, And
 When the cloud bursts the rain - drops will pour, And
 When the bough breaks the cra - dle will fall, And

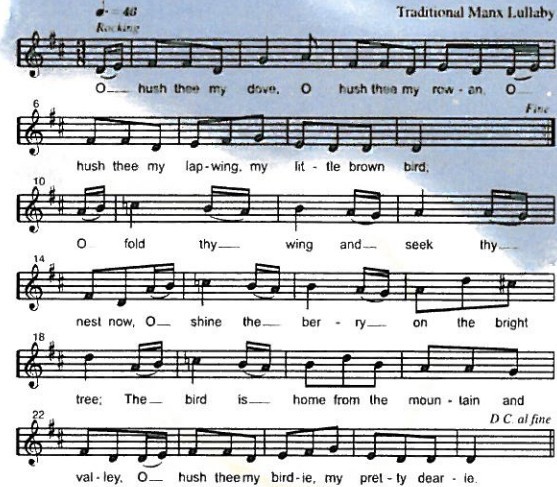
13
 down will come ba - by, cra - dle and all.
 ba - by comes down to moth - er once more.
 Grand - ma will catch you, cra - dle and all.

Wee Willie Winkie

Wee Willie Winkie
 runs through the town.
 Upstairs, downstairs,
 in his nightgown.
 Rapping at the windows,
 tapping at the locks.
 Are the children in their beds?
 For it's eight o'clock.

Manx Lullaby

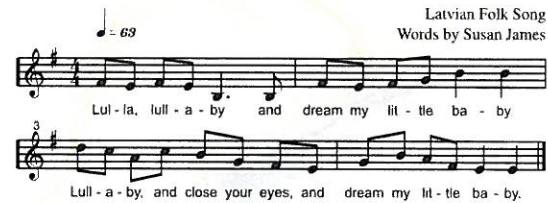
♩ = 48 Traditional Manx Lullaby



O... hush thee my dove, O hush thee my row - an, O...
 6
 hush thee my lap - wing, my lit - tle brown bird,
 10
 O fold thy... wing and... seek thy...
 14
 nest now, O... shine the... ber - ry... on the bright
 18
 tree; The... bird is... home from the moun - tain and
 22
 val - ley, O... hush thee my bird - ie, my pret - ty dear - ie.

Latvian Lullaby

♩ = 68 Latvian Folk Song
 Words by Susan James



Lul - la, lul - a - by and dream my lit - tle ba - by
 3
 Lul - a - by, and close your eyes, and dream my lit - tle ba - by.

Song Card

Diddle, Diddle, Dumpling

Nursery Rhyme
 Music by Susan James

♩ = 76

Did-dle, did-dle, dump-ling, my son John Went to bed with his stock-ings on
 One shoe off and the oth-er shoe on, Did-dle, did-dle, dump-ling, my son John

Welcome Starshine

Claire Clark

♩ = 69

Wel-come to-day, friends of mine. Wel-come to-day, lit-tle star-shine.
 Wel-come to-day, friends of mine. Wel-come to-day, lit-tle star-shine.
 Wave, wave to — An - tho - ny, Wave, wave to An - tho - ny.
 Bounce, bounce to Ka - tri - na, (etc.)
 Sway, sway to — Da - vid, (etc.)
 Pat, pat to — Jean, (etc.)

Aiken Drum

Scottish Folk Song

♩ = 108

There was a man lived in the moon, lived in the moon, lived
 in the moon, There was a man lived in the moon, And his
 name was Ai - ken Drum. And he played up - on a
 la - dle, a la - dle, a la - dle, And he played up - on a
 la - dle, And his name was Ai - ken Drum.

Softly, Softly

German Folk Song
 Words adapted by Susan James

♩ = 80
Legato

Soft - ly, soft - ly, mu - sic fills the air.
 Soft - ly, soft - ly, mu - sic fills the air.
 Qui - et now hear the sound; qui - et mu - sic all a - round.
 Soft - ly, soft - ly, mu - sic fills the air.

Song Card

Skinnamarink

Traditional Folk Song

$\text{♩} = 116$

Skin-na-ma-rink-y dink-y dink, Skin-na-ma-rink-y doo,
 I love you;
 Skin-na-ma-rink-y dink-y dink, Skin-na-ma-rink-y doo,
 I love you.
 I love you in the morn - ing and in the af - ter - noon. I
 love you in the eve - ning un - der - neath the moon.
 Skin-na-ma-rink-y dink-y dink, Skin-na-ma-rink-y doo,
 I love you!

Sarasponda

Dutch Folk Song

$\text{♩} = 96$

Sa-ra - spon - da, sa-ra-spon-da, sa-ra - spon-da, ret, set, set. Sa-ra-spon-da, sa - ra - spon-da, sa - ra - spon-da, ret, set, set. A - do - ray - oh!
 A - do - ray boom - day - oh! A - do - ray boom-day, ret, set, set, A - say, pah - say, oh!

Tants, Tants, Yidelekh!

Section 1

- Intro Rock and Lift for 8
- A Right for 8, Left for 8
- B Forward for 4, Back for 4 (repeat)
- C Knee Bends for 8 (repeat)

Section 2

- D Turn for 8, Turn other way for 8
- E 4 Stomps forward,
 Then 3 slow side-to-side rocks
 (repeat backward)
- C Knee bends for 8 (repeat)

Section 3

Same as section 1

Section 4

Same as section 1
 Plus Coda (rock slowly)

Ways to hold Baby



Kindermusik®

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 offered to educators and parents.