



## Songs & Lullabies: Music for Babies

Music benefits your baby in many ways. By singing to your baby every day, you can provide both stimulating and soothing experiences that expose her to new sounds, words, and rhythms. Music also encourages movement—it's good for your baby to move her muscles as she bounces to a beat. And your baby will love it when music brings you closer together as you hold her and dance around. Your baby will also enjoy the routine of a lullaby at night or naptime. It will help calm her down and signal that it's time to go to sleep.

- Your singing voice is perfect for your baby. Don't feel self-conscious about how you sound when you sing! Your baby will hear the love in your voice.
- Sing in your home language. Sing to your baby in the language you know best and feel most comfortable using.
- Sing to your baby about who he is. Sing about what he looks like—his eyes and nose, his fingers and toes. Sing about where he lives and who is in his family.
- Singing can help your baby know what happens next. A soft lullaby may help ease the transition to naptime or bedtime and a happy, snappy song may signal getting dressed, taking a bath, or going out.
- Respond to your baby as she makes music of her own, such as cooing or shaking a rattle.
- Chanting poems or rhymes is another way to share your voice with your baby. Like singing and other music, chants can help change your baby's mood and energize both of you. She will enjoy the rhyme and rhythm of nursery rhymes such as *One, Two, Buckle My Shoe*.

- A great way for you to learn lots of songs to sing to your baby is for you to listen to music with him. Listen to music while holding your baby, and sway, dance, or march around your living room. Try different kinds of music to see what interests him, and turn on tunes frequently.
- Any song you choose can become a lullaby. Babies like melody, often the same melody again and again. Make up new words for tunes your baby enjoys if you get bored with the lyrics or need to stretch out the song to sing a little longer.
- Singing can help soothe the singer as well as the listening baby. When you both need to relax, hold your baby close and sing to him.
- Feeling sleepy when you nurse, bottle-feed, or rock your baby? Singing will help keep you alert and attentive to your baby.
- Lullabies aren't just for helping your baby get to sleep. Lullabies can help your baby relax, calm a baby who is distressed, and make your baby feel safe and secure.