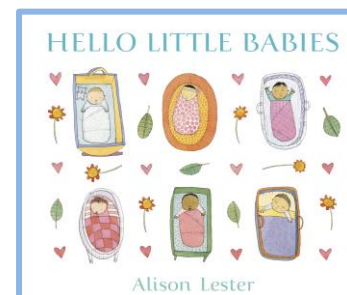




Hello Little Babies by Alison Lester

Hello Little Babies is a delightful book full of lovely babies from Alice with her father's hair, to Ruby who sleeps with a grin and Tom who flings peas in the air. A lyrical rhyming story that celebrates diverse families with beautiful illustrations capturing each baby's daily routine from sleeping, playing, eating, moving and exploring.



Key Message for Parents

The first five years matter and last a lifetime

We now know that the first 5 years are incredibly important. Positive early experiences will give a baby or child the best possible start in life. Let families know that by spending some time each day having fun reading, singing, talking and playing, they are helping their baby to grow, develop and learn about their world.

Support parents to find opportunities in every day experiences, such as sleeping and eating, to interact with their baby. Suggestions to share with them include:

- When setting up a sleep routine talk to your baby about their environment. Give them a cuddle and tell them where they are, that it is sleep time and that they are safe and loved. Sing them a lullaby to help them relax and go to sleep.
- During meal times talk to babies about the new foods you are introducing and the textures and flavours they are trying. Let them touch the food and feed themselves as they become more independent. It's all part of learning about food and eating.
- Have a chat at tummy time, getting dressed or when changing a nappy. Talk about what you are doing and what is happening. Every conversation helps your baby's developing brain!

Learning Outcomes

Outcome 1: Children have a strong sense of identity

Babies will begin to develop their sense of self from quite early on. They will develop relationships and attachments to those that care for them.

(Continued over page)

Find booklists, tip sheets, nursery rhymes and activity and learning time sheets @

thelittlebigbookclub.com.au     



Support parents to identify their baby's likes and dislikes. Encourage them to find out what is unique and special about their child and help them to support the child's individual needs.

- Every baby develops at their own pace and the range of what is 'normal' can be quite varied. What is normal for one baby may be quite hard for another but they will get there with time. Some babies may prefer to crawl around, some may shuffle, others will be pulling themselves up and standing very quickly. All babies will have their own preferred ways of doing things. Observe your child at their level and support their development and choices.
- Encourage families to try introducing new toys, foods and places but always remember babies may feel safer with familiar things initially.
- Reading books with babies is a great way to snuggle up and bond with your baby. Baby books are often about life as a baby and there will be pictures and story lines they are familiar with. Reading together will help develop their first sounds, and in time, their first words!

Themes within this story

- Love
- Family
- Play

Welcome

Ask carers to write nametags for themselves and their babies. Welcome everyone, introduce yourself, remind adults to turn their mobile phones off and that there will be time for adults to chat after the story and songs.

Welcome Song (or your preferred song)

Have the words available as a handout or written on a board or butcher's paper for the adults to read and join in.

Good Morning

Good morning to you

Good morning to you

Good morning everybody

and welcome to you!

Encourage parents to sing facing their baby so that baby can watch their mouth move as they sing and talk – this helps babies learn to speak themselves.



Song

Open, shut them

*Open, shut them
Open, shut them
Give a little clap*



*Open, shut them
Open, shut them
Lay them in your lap*

*Creep them, creep them
Creep them, creep them
Right up to your chin
Open wide your little mouth.....but do not let them in!*

*roll them, roll them
roll them, roll them
roll them just like this*

*shake them, shake them
shake them, shake them
blow a little kiss!*



Group session time

Select a range of board books and share them out with the parents and families in your group. Try and have a mix of classic titles (Very Hungry Caterpillar, Hairy Maclary, Brown Bear Brown Bear, etc) and some newer books too. Encourage each parent or carer to snuggle up to their baby and share books together. They can read the story or just talk about the pictures. It's not about how many books they can read – it's about spending time engaged with their baby with no other distractions and enjoying time together.

Encourage parents to look at their baby and try and engage them in back and forth "conversation". Explain to parents that depending on the age of the baby the "conversation" will consist of the parent talking or reading, and then making eye contact with baby, and waiting for them to respond with babbling, cooing, smiling, moving their body or even just gazing at the parents face or book. If baby becomes upset, cries or starts to yawn, blink a lot or turn their head away then it's definitely time to follow baby's cue and stop. Each baby will be different!

More songs

Singing is a fun way to keep interaction going. Spend some time singing a few songs together that include gentle hand gestures, including:

- *Little Peter Rabbit Had a Fly Upon His Nose* (parent can gently touch baby's nose or their own nose)
- *Round and Round the Garden*
- *Twinkle, Twinkle Little Star*



Activity Time

Photo book/Memory book

Record your baby's likes and dislikes in a small booklet to share together. Babies love looking at photos, especially of themselves so you can use a small pocket album to store photos or pages you have created.

What you will need:

- coloured paper or card
- scissors
- pencils/crayons/textas
- old store catalogues
- glue
- photo album
- photos of your child



What to do:

1. cut out photos, items from catalogues or pictures from cards of things your baby likes
2. glue them to coloured paper - whether you are making an A4/A5 booklet or in a ring bind folder.
3. write your child's name or Me or My book etc. on the front
4. personalise the book/folder as much as you want, changing pages of an folder is easy as is adding extra pages
5. Share the book/folder with your child and enjoy reading a book about them together.

Extension ideas

- Join your local library and borrow books and toys to introduce new ideas and games to your baby
- libraries are free to join however some may charge a small fee to borrow toys/games.
- Look through albums of photos of your child with them, and talk about how much they have changed and grown

Goodbye

Conclude the session with some suggestions of books that parents might want to share with their children. The Little Big Book Club suggests the following books to support learning in this area.

- ***Baby Bedtime*** by Mem Fox and Emma Quay
- ***Goodnight Everyone*** by Chris Haughton
- ***Kissed by the Moon*** by Alison Lester
- ***Love Always Everywhere*** by Sarah Massini



Goodbye Song

Depending on the size of your group, you may wish to insert each child's name in the place of 'you' as it develops a more personal relationship between yourself, the child and the family.

Sung to the tune of (*Here We Go Round the Mulberry Bush*) **or** your preferred choice.

Goodbye

This is the way we say goodbye (use a waving action)

Say goodbye, say goodbye

This is the way we say goodbye

To all our library friends (or) (to our friend.....)!

