

Before You Were Born

By Katrina Germein & H el ene Magisson

A heartwarming picture book about the anticipation and excitement of the arrival of a new baby. Filled with love, hope and happiness this book celebrates the universal joy of new babies in families everywhere.



Key Message for Parents | The best learning happens in nurturing relationships

The quality of a child’s relationships in the early years lays the foundation for a wide variety of important developmental outcomes. Some ideas to share with parents/carers are:

- Babies with positive bonds with carers have lower levels of stress hormones
- Babies with strong attachments to carers learn better
- Reading and playing together supports a strong relationship between adult and child.

Australian Early Years Learning Framework | Outcome 3: Children have a strong sense of identity

Educators can support children’s learning by:

- Children feel safe, secure and supported
- Children learn about themselves
- Children explore aspects of identity through role 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

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

thelittlebigbookclub.com.au     

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.

Welcome song - Come Along

Come along and sing with me, sing with me

Come along and sing with me, It's time for story time

Repeat and replace 'sing' with bounce, rock, clap etc.

Come along and bounce with me, bounce with me, bounce with me

Come along and bounce with me, it's time for story time


Song: I Love You by the Kidboomers

<https://www.youtube.com/watch?v=VwsmYxJIXhY>

(Available on Spotify)

*I love you
Your button nose
Your eyes, your ears
Your knees and toes
I love you
Up to the sky
Past the moon
And stars so high
If you feel alone and scared
Always know that I'll be there
Just like one and one make two
You love me
And I love you*

*I love you In every way
All you do
And all you say
My love for you
Will always be
Deeper than the
Deep blue sea
Even if you're sad or blue
It's ok 'cause
I love you
Just like one and one make two
You love me
And I love 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.



Before Reading

Provide cushions and encourage carers to sit comfortably with their child so they can engage in eye contact with each other and see the story. Older children may like to hold a teddy or bunny (like on the cover of the book) or another comfort toy.

Read the title of the book and show the cover. Talk about some of the items you can see on the cover and pose a couple of questions. Something like, "I can see some blocks on the cover. I wonder if anyone here has played with blocks before. And here is a cot. Do you have a cot at home? I wonder what else we'll see in this story'.

During Reading

This book is a beautiful read-aloud with a lovely rhythm that young children enjoy. If everyone has their own copy of the book then encourage the adults to participate in a shared reading (read aloud together) of the story. If parents sit side on to the book facing their child, they can see the story and engage their child with eye contact too.

After reading each verse (one page) pause so the adults can repeat the same verse back to their child/ren, in unison. All the adults speaking together and looking at their child should create a warm, engaging atmosphere. If an entire verse (one whole page) seems too much for adults to remember and repeat at once, try stopping after every two lines of text. Continue reading the whole book in this echo fashion. Pause occasionally to draw attention to the illustrations and model shared reading, making comments like, I can see lots of yummy food on the page. I wonder what we might see on the next page.

Following the last line 'I will keep showing my love upon you' adults may like to shower their child with love by giving them a hug, a gentle rub or pat or lots of little kisses.

After Reading

You may like to sing I Love You by the Kidboomers again after the story.

Action Rhyme: Teddy Bear, Teddy Bear for Babies

(If carers are feeling like they want to stand up and wriggle they could participate in this rhyme while holding Baby on their hip or rocking Baby in a pram)

*Teddy Bear Teddy Bear play with me
Teddy Bear Teddy, Bear pat your knee
(Carer holds Baby on lap and gently pats Baby's knee)*

*Teddy Bear Teddy bear, hide and peek
Teddy Bear Teddy Bear, stroke your cheek
(Carer hides face to play peek-a-boo with Baby then strokes Baby's cheek.)*

*Teddy Bear Teddy Bear, tickle your toes
Teddy Bear Teddy Bear, touch your nose
(Carer gently tickles Baby's toes then touches Baby's nose)*

*Teddy Bear Teddy Bear, kiss your head
Teddy Bear Teddy Bear, time for bed
(Carer gently kisses Baby on the head and pretends it's time to sleep)*

*Teddy Bear Teddy Bear, I can see
I love you and you love me*

Create a love heart together (craft).

Provide adults and their babies with a large cardboard hearts which can be decorated with materials such as stickers, crayons, non-toxic markers and paint, or coloured paper pieces and glue for a collage. The appropriate materials and level of involvement will depend on the age of the babies and children. A small selection of decorations is enough. Support parents to encourage involvement from their infants and praise all mark making attempts from the little ones. The adults may even wish to write a message of love on the back for their child. Perhaps the name of the adult and child could be displayed on the front with the words, 'We Made This Together'.

Extension ideas

Song: Baby Mine (From the Movie Dumbo)

<https://www.youtube.com/watch?v=1nxwawpJrTO>

(Available on Spotify)

Rock your baby gently while you sing

*Baby mine don't you cry
Baby mine dry your eyes
Rest your head close to my heart never too far
Baby of mine
Little one when you play don't you mind what they say
Let those eyes those eyes sparkle and shine never a tear baby of mine
From your head to your toes
Your so sweet goodness knows
You are so precious to me cute as can be baby of mine
Baby mine*

Celebrate the parents and babies in your community with a morning tea which provides 'yummy treats' like in the book for the adults.

Community Bunting – Give each adult a triangular piece of paper and ask them to write a special message on the triangle for their baby. They may wish to decorate the bunting with their infant, or a photo of each adult and baby could be added. Attach each bunting piece to a long piece of string to make bunting which can be displayed in the community (with permission from participants).



Dough hearts – With support from adults, babies who are old enough may enjoy using cookie cutters to create love heart shapes from dough. The hearts could be decorated with sprinkles. This sensory experience could involve playdough or cookie dough or decorative salt dough which could be baked.

Goodbye

Conclude the session with some suggestions of books that parents might want to share with their children.

An Activity Time for this book is available to download for FREE from our website. This is a great resource to share with families, you are welcome to print and distribute as necessary.

For more stories to share, we recommend the following titles and if your library has copies, make them available for families to borrow or include them in your story time session:

- **Welcome, Child!** by *Sally Morgan*
- **Hello, Little Babies** by *Alison Lester*
- **Love Makes a Family** by *Sophie Beer*
- **Welcome, Baby, to this World** by *Jess Racklyeft*

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.....)!