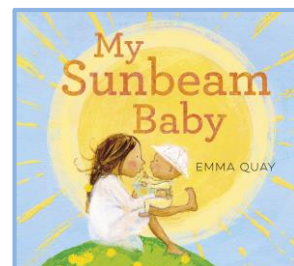




## My Sunbeam Baby By Emma Quay

See my bouncing baby, jiggling on my knee.  
Then snuggling for a story, just baby, book and me.

My Sunbeam Baby is a gorgeous new picture book about how much we love our babies, from Emma Quay, creator of the bestselling and award-winning Rudie Nudie.



### Key Message for Parents | The first five years matter and last a lifetime

As educators we can support parents' understanding of these crucial first years. Some ideas to share with parents are:

- Repeating positive experiences (e.g. cuddling your baby and reading, singing and talking to them) strengthens the connections in the brain.
- Babies love to explore with their highly tuned senses. Not only is sensory play critical for their developing brains, but it can be deeply rewarding for you to watch quietly as your baby discovers new textures, learns about cause and effect, and figures out what makes the world go round (Early STEM Learning).
- Babies and toddlers that have a strong attachment with a loved one feel happy and confident.
- Books, songs, rhymes and conversations introduce children to new words in meaningful ways.
- Handling books and singing songs with actions help children develop coordination in their fingers and hands.

### Early Years Learning Framework | Outcome 4: Children are confident and involved learners

As facilitators, we can help young children become confident learners during Story Time by

- Providing play activities which foster curiosity and engagement
- Recognizing and valuing children's involvement in learning
- Providing young children with resources that offer challenge, intrigue and surprise; support their investigations and share their enjoyment.

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

[thelittlebigbookclub.com.au](http://thelittlebigbookclub.com.au)     



## 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.

### 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*

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.

## Songs

### You are my Sunshine

*You are my sunshine, my only sunshine*

*You make me happy when skies are grey*

*You'll never know dear, how much I love you*

*Please don't take my sunshine away.*

*There are many versions of this old fashioned song on YouTube and you could easily change the words 'sunshine' into 'sunbeam'.*

<https://www.youtube.com/watch?v=K480BTMTpvo>





### Before Reading

You could change the words to song *Teddy Bear, Teddy Bear to:*

*Baby, baby, turn around.*

*Baby, baby, touch my nose.*

*Baby, baby, touch your shoes,*

*Baby, baby, that will do! (clap hands together)*

Encourage the adults to turn their babies in their laps to watch their mouths while they are singing the song. Listening and watching another person talk helps baby understand the basics of communicating. Depending on the age of the babies, adults could stand up to turn them around or be seated.

Another song/finger rhyme (again encourage adults to have baby facing them in their lap)

Walky round the garden, Like a sunbeam, One step, two steps, Tickley under there!

(Trace a little circle in the palm of the child's hand, before taking two steps up the arm and right up to the arm pit for the tickle!)

Share with the parents that 'before reading with babies, it is important to ensure their needs such as hunger, thirst or comfort is met. Reading is a lovely activity to share after feeding or before bedtime. Babies like to be cuddled and held close when being read to. They like to be able to see the pages and may like to hold or suck the book.'

It would be ideal to have enough copies of 'My Sunbeam Baby' for each person. You could have a doll or teddy yourself to model the way you would like them to look at the book together, showing them the illustrations and gently pointing to them as you talk about the faces of the babies as you finish reading each page. How are their babies the same or different?

If reading the book in a group, it is best to sit in a circle with the children cuddled in close with their adult. You can point to the front cover showing the carer and baby close together facing each other. You can say that this is what we have just been doing too. 'Our book today is called My Sunbeam Baby and it's written by Emma Quay'

### During Reading

As you read each page, leave plenty of time for chatting about the illustrations; the colours, the looks on the faces of the babies, perhaps counting the babies on each page, chatting about different experiences, etc.

### After Reading

Go back to the first page of the book and say the rhyme together.

'See my bouncing baby, jiggling on my knee. Then snuggling for a story, just baby, book and me.'

Choose pages from the story to inspire more songs! Sing:

*One little, two little, three little lollipops.*

*Four little, five little, six little lollipops.*

*Seven little, eight little, nine little lollipops.*

*Ten little lollipop babes!*



Sing about kisses to the tune of Old Mc Donald had a farm

*Oh my mummy had a baby,  
Kiss, kiss, hug, hug, kiss.  
And on that baby there was a face.  
Kiss, kiss, hug, hug, kiss.  
With a kiss here and a kiss, kiss there  
Here a kiss, there a kiss, everywhere a kiss, kiss.  
Oh my mummy had a baby,  
Kiss, kiss, hug, hug, kiss.*



### Activity time

#### Sensory Garden

#### What you need:

- A range of flowers in a selection of containers
- Coloured rice or sand
- Plastic trays
- Large bedsheet

#### What to do

1. Put the coloured rice or sand into several plastic trays (depending on the size of your group).
2. Encourage carers to share a container of flowers with one or two other babies, looking, talking, smelling and touching.
3. Collect a tray of coloured rice and place it on the bedsheet. Flowers could be added to the tray and babies might like to pull off petals and feel the rice, sand and flowers. (The bedsheet contains the mess for an easier clean up at the end of this activity.)

#### Extension ideas:

There are lots of ways to encourage secure attachment by just spending time with your baby and doing things together. When you share time together, you can be close, you can give eye contact, smile, laugh, sing, and have fun together. Some ideas you could try are:

- Go for a walk in the sunshine
- Spread out a blanket at the park and sit and play together
- Blow bubbles for your baby to watch
- Sing songs and read stories together
- Having a cuddle before bedtime
- Visit a friend or family member
- Look at photos of your family together. Point to the pictures and name the people.



## 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. If your library has copies, make them available for families to borrow or include them in your story time session.

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:

- **Guess How Much I Love You** by Sam McBratney
- **Cuddle Time** by Libby Gleeson
- **Play time Peekaboo** by DK books
- **Rudie Nudie** by Emma Quay

## 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.....)!*