

LEARNING TIME

Welcome Baby To This World Jess Racklyeft

A giftable book full of love and possibility to welcome a new baby. Full of rich rhyming text and detailed illustrations using a soft colour palette there is so much to explore and talk about with your baby.

Follow the bears as they do everything side by side, modelling a warm and loving relationship.

Cuddle up and share this story with your special baby to welcome them to this world.



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

Consistent and caring relationships between child and adult, will result in healthy brain development for the child. Positive interactions will create strong bonds and lower stress hormones.

Some ideas to share with parents/carers are:

- Respond with positive sounds and words to babies babbling and facial expressions. This back and forth (serve and return) is critical to the wiring of the brain.
- Sing songs face to face, so baby can see your facial expressions and how you are using your mouth.
- Cuddle up and share a book together – books are a perfect way to bond with your baby.

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

Wellbeing includes both good physical health as well as good emotional health. A strong sense of wellbeing provides children with confidence and feelings of happiness which optimise a child's learning.

Educators can support children to develop a strong sense of wellbeing by

- Providing warm and trusted relationships. Welcome families to your centre/sessions, ask about their day and show interest in their response.
- Having safe and predictable environments. Set up routines so children (and families) know what to expect.
- Providing a range of active and restful activities and experiences throughout the day/session.

Welcome

Ask carers to write nametags for themselves and their children.

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!

Song

These are Baby's Fingers

These are baby's fingers

These are baby's toes

This is baby's belly button

Round and Round it goes

A yellow circle with a white border containing text.

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.

https://www.youtube.com/watch?v=yJj4BGLzbx0&list=PLcw3Y8sV0xptiwjCuPS-UxXaR_7Vel8y5&index=48

Encourage parents to touch and point out each body part on baby as you say the rhyme. Tickle in a circular motion on baby's belly button.

Before Reading

Spend time preparing your session by getting books, songs, activities and resources ready. Having a well thought out plan will help your session run smoothly and adapt to any changes that might be needed. Practice reading the book aloud so there are no surprises, and you can perfect the rhyme of the story.

Set up your area well ahead of time making it comfortable with cushions, rugs, chairs. Think about the amount of space required based on the numbers attending the session and how families will be able to see the book. Have a place to park prams. Ensure you adhere to any safety plans in place.

Be present as families arrive. This is so important as it is the first step in establishing a warm and welcoming environment and it gives you time to talk to families and ask their baby's name. This will put families at ease allowing them to feel comfortable and relaxed which will mean they are more likely to join in the session.

During Reading

Provide copies of the book for families to share with their baby. This may not always be possible so ensure all families can see the book you are holding. Once you have finished reading a page slowly move the book across the group, so everyone gets a good look at the illustrations.

Model holding the book and turning the pages. While the parent is the child's first and best teacher, you are a role model to parents. Run your finger under the title as you read and point out things in the pictures. eg: There are lots of other animals and insects in the illustrations- "Look there is a ladybug on bears toe" or "How many bees are buzzing around the tree? Let's count them"

Encourage families to sit with their baby in their lap for cuddles and connection.

After Reading

Reread the story. Repetition supports brain development by strengthening connections. The detail in the illustrations will mean there is plenty to explore and discuss on a second reading.

Invite parents to share some of the things they do with their babies.

Hand out some scarves and sing some songs to encourage interaction and connection between parent and baby.

Song

Toss your scarves

Toss your scarves

Toss your scarves

Toss them way up high

Toss your scarves in the air until they reach the sky

Wave your scarves, wave your scarves

Wave them way up high

Wave your scarves in the air until they reach the sky

Twirl your scarves twirl your scarves

Twirl them round and round

Twirl your scarves one more time then let them all fall down.

Do the actions with the scarves and sing the song through a few times. Repetition is a great way to get those neural connections in the brain fired up.

Jack in the Box

https://www.youtube.com/watch?v=lfJIFP1SLII&list=PLcw3Y8sV0xpvpzB_c3sVKAY42r_qBVQ11&index=2

Extension Ideas

Set up some baby play stations for families to explore after the session

- Metal baking tray with wooden spoons. Demonstrate banging the spoons on the tray. Babies will love to explore this cause and effect activity and see how much noise they can make.
- Hide scarves in empty tissue boxes. Baby can pull the scarves out of the box.
- Plastic cups and saucers for a pretend tea party. Make some lemon, mint or honey tea just like the bears.

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.

For more stories to share, we recommend the following titles:

- **My New Baby** by *Rachel Fuller*
- **Once Upon My Legs** by *Mike Dumbleton*
- **My Sunbeam Baby** by *Emma Quay*

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.

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.....)!