

# A Day in the Life of Me

## Tips for Parents and Caregivers

Here are ideas and activities to try this week with your child. Each activity is based on one of the **7 Days • 7 Ways** principles of early literacy development and is designed to engage your child, stimulate his or her literacy skills, and enhance the bonds between you.

- 1. SHARE BOOKS** When your child is able, have him pick out the books he wants to hear at bedtime. Build the expectation of stories at bedtime by creating a predictable, cozy routine that always includes a book or two.
- 2. SHARE SOUNDS** Call your baby's attention to things that make sounds throughout the day, such as the ringing of an alarm clock, the *vroom* of a car engine starting, or the clatter of plates.
- 3. SHARE WORDS** Share words throughout the day that are related to the passing of time, including: morning, daybreak, dawn, sunrise, sun, noon, afternoon, evening, dusk, sunset, dark, night, moon, and star.
- 4. SHARE RHYMES** Throughout the day, share some of the simple rhymes from this storytime, or make up your own rhymes while doing daily routines.
- 5. SHARE SONGS** Find songs that your baby loves, and designate one as her wake-up song and another as her lullaby. Your baby will enjoy the familiar routines each day.
- 6. SHARE STORIES** All day long, little events are occurring in your baby's world. Talk about these events to your baby as if you are telling a story.
- 7. SHARE PLAYTIME** Act out your baby's day with a doll, and give the doll a bath, feed her, and put her to bed. Let your baby help and give a kiss goodnight.

# Songs and Rhymes for A Day in the Life of Me

Here are the songs and rhymes that you and your child enjoyed today. By continuing to sing, chant, and play with them every day, you will help your child make sense of the new information and concepts introduced at storytime.

## Songs

### If You're Happy to Be Here

(sung to the tune of "If You're Happy and You Know It")

If you're happy to be here, clap your hands, (*Clap hands*)  
If you're happy to be here, clap your hands, (*Clap hands*)  
If you're happy to be here, then place a smile there, (*Point to mouth*)  
If you're happy to be here, clap your hands. (*Clap hands*)

If you're ready to have some fun, clap your hands,  
If you're ready to have some fun, clap your hands,  
If you're ready to have some fun, then join in everyone,  
If you're ready to have some fun, clap your hands.

### This Is the Way

(sung to the tune of "Here We Go Round the Mulberry Bush")

This is the way we brush our teeth, (*Pretend to brush teeth*)  
Brush our teeth, brush our teeth,  
This is the way we brush our teeth,  
So early in the morning.

#### Additional Verses

This is the way we comb our hair... (*Pretend to comb hair*)  
This is the way we drink our milk... (*Pretend to drink*)

### Happy Faces

(sung to the tune of "Jingle Bells")

Smiling faces, happy faces, (*Bounce and swing child throughout song*)  
Giggling all around,  
Oh, what fun we'll have today, as we work and play.  
Ha-ha-ha, hee-hee-hee,  
Ha-ha, ho-ho, hey!  
Oh, what fun we'll have today, as we work and play.

### Mama Put My Jammies On

(sung to the tune of "Shortnin' Bread")

Mama put my jammies on, jammies on, jammies on, (*Clap hands*)  
Mama put my jammies on, just like this.  
First you do the one foot, one foot, one foot, (*Move leg up and down*)  
Then you do the other foot, just like this. (*Move other leg*)

Papa put my jammies on, jammies on, jammies on, (*Clap hands*)  
Papa put my jammies on, just like this.  
First you do the one hand, one hand, one hand, (*Move arm in and out*)  
Then you do the other hand, just like this. (*Move other arm*)

I can put my jammies on, jammies on, jammies on, (*Clap hands*)  
I can put my jammies on, just like this!

## The More We Get Together

The more we get together, (*Sway from side to side in time to music*)  
Together, together,  
The more we get together,  
The happier we'll be.  
For your friends are my friends, (*Point to child, then to self*)  
And my friends are your friends, (*Point to self, then to child*)  
The more we get together,  
The happier we'll be.

#### Additional Verse

The more we play together...

## Rhymes

### I'm Bouncing

I'm bouncing, bouncing everywhere, (*Bounce to the words*)  
I bounce and bounce into the air,  
I'm bouncing, bouncing like a ball,  
I bounce and bounce, and then I fall.  
(*Baby slides to one side or between legs*)

### Here Are Baby's Fingers

Here are baby's fingers, (*Touch baby's fingers*)  
Here are baby's toes, (*Touch toes*)  
Here is baby's belly button,  
Round and round it goes. (*Circle belly button*)  
Here are baby's elbows, (*Touch elbows*)  
Here are baby's knees, (*Touch knees*)  
Here is baby's little chin,  
Tickle if you please! (*Tickle!*)

### Shhh, Be Very Quiet

Shhh, be very quiet. (*Finger to lips in "shhh" gesture*)  
Shhh, be very still.  
Fold your busy little hands. (*Fold baby's hands*)  
Close your sleepy little eyes.  
(*Gently touch baby's eyelids and/or close own eyes*)  
Shhh, be very quiet. (*Shhh gesture*)  
Shhh, be very still.  
Shhhhhhhhh... (*Tilt head onto hands in sleep gesture*)