

# A Day in the Life of Me

## Presenter Tip Sheet

### About This Storytime

A day in the life of a baby or young toddler starts with morning awakening, closes with bedtime, and in between can include playtimes and mealtimes, naptime and bathtime. The familiarity of these daily routines makes the stories and activities in this storytime reassuring as well as fun.

### Books

For books to share in this storytime, pick three from the list below, or choose other board books or picture books in your collection that reflect the theme and are developmentally appropriate for babies and young toddlers. Always share your longest book first. For your second, choose a participatory book that engages the child or both the caregiver and child. For the third and last story, share a book told through the use of a flannel board or magnetic board, or use a prop or other visual. The examples provided in the storytime program fit these guidelines. If most children are restless and you feel the program is too long for that day, skip the last story and concentrate on the rhymes and songs.

### Book Suggestions:

- *Baby Food*, by Margaret Miller (Little Simon, 2009)
- *Beddy-Bye, Baby*, by Karen Katz (Little Simon, 2009)
- *Binky*, by Leslie Patricelli (Candlewick, 2005)
- *Blankie*, by Leslie Patricelli (Candlewick, 2005)
- *A Child's Good Morning Book*, by Margaret Wise Brown (HarperCollins, 2009)
- *Good Night, Sleep Tight: A Book About Bedtime*, by Emma Quay (Dial, 2011)
- *Hello, Day!* by Anita Lobel (Greenwillow, 2008)
- *Hey! Wake Up!* by Sandra Boynton (Workman, 2000)
- *Llama Llama Hoppity-Hop*, by Anna Dewdney (Viking Juvenile, 2012)
- *Llama Llama Nighty-Night*, by Anna Dewdney (Viking Juvenile, 2012)
- *Llama Llama Wakey-Wake*, by Anna Dewdney (Viking Juvenile, 2012)

- *Llama Llama Zippity-Zoom*, by Anna Dewdney (Viking Juvenile, 2012)
- *Maisy Cleans Up*, by Lucy Cousins (Candlewick, 2002)
- *Maisy's Bedtime*, by Lucy Cousins (Candlewick, 1999)
- *Noodle Loves Bedtime*, by Marion Billet (Nosy Crow, 2011)
- *Pajama Time*, by Sandra Boynton (Workman, 2005)
- *Say Goodnight*, by Helen Oxenbury (Little Simon, 2009)
- *Tubby*, by Leslie Patricelli (Candlewick, 2010)
- *Uh-Oh!* by Rachel Isadora (Harcourt, 2008)

### Songs

This storytime includes five songs. The same opening and closing songs should be used each week if you are holding a series of storytime programs. Always provide movements or motions to accompany each song, but keep these simple, such as the caregiver rocking the baby back and forth, bouncing the baby in time to the music, or clapping the baby's hands. Using recorded music during the storytime is fine, although it's best to sing the songs with a live voice, or sing along with simple recordings, so that very young children can hear the words and the sounds making up each word. Recorded music is often sung too fast for this purpose. For your reference or to play during storytime, The Very Ready Reading Program includes a CD of songs recorded at an appropriate tempo. Track numbers for each recording are provided in the songlist below and on the storytime program card.

### Songs for This Storytime:

- Opening Song: "If You're Happy to Be Here" (sung to the tune of "If You're Happy and You Know It") 🎧 22 🎵 23
- "This Is the Way" (sung to the tune of "Here We Go Round the Mulberry Bush") 🎧 46
- "Happy Faces" (sung to the tune of "Jingle Bells") 🎧 15
- "Mama Put My Jammies On" (sung to the tune of "Shortnin' Bread"). A version of this song can be heard on *Baby Games*, by Kimbo (Kimbo, 1987). 🎧 26
- Closing Song: "The More We Get Together" 🎧 28 🎵 29

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## Rhymes

This storytime includes three rhymes, with movements to accompany them. Caregivers perform the movements with the child, depending on the child's ability. For babies, the caregiver can move the child's hands, fingers, and body, or otherwise help the baby execute the movements. Young toddlers may be able to do the movements themselves or may need a little help. Keep in mind that children up to 24 months of age have not developed fine motor skills to the same degree as older toddlers and preschoolers; open and close motions are better than, say, putting one finger down at a time. The Very Ready Reading Program storytimes include different types of movement rhymes for variety, such as bounce/lift, finger/hand, and toe/foot rhymes.

### Rhymes for This Storytime:

- "I'm Bouncing" (bounce/lift)
- "Here Are Baby's Fingers" (tickle/touch)
- "Shhh, Be Very Quiet" (finger/hand/touch)

## Activities

This storytime includes an optional theme-related activity, to be completed after the closing song. Below are three to choose from, including at least one that is suitable for the youngest babies. The activity you choose might depend on the size or predominant age of your audience, the amount of time you have to prepare, your space or environment, and the materials needed. The activities are designed with safety and the very limited attention spans of babies and young toddlers in mind. However, always keep in mind and remind caregivers: **Any time an activity involves materials such as paint, sand, string, or small pieces, close adult supervision is required.** Although each activity has a learning aspect, the emphasis should be on fun!

### Activity Suggestions:

**Goodnight, Baby.** Provide rubber dolls and/or stuffed animals to use as "babies." Show little ones how to cradle the baby in their arms and rock them as you sing "Rock-a-bye Baby." Demonstrate placing baby down gently for a good night's sleep.

**Bath Fun.** Bath time is an important time of day for baby to look forward to. Show caregivers how to make it fun. Provide dishpans with water, along with foam letters, bath toys such as rubber ducks, and plastic containers for dipping and pouring. Invite families to play together with the toys and water.

**Meal Time.** Provide pictures of several different kinds of foods cut from patterns or a die-cut machine. These can be laminated or covered with contact paper if desired. Provide a set for each family, and talk about which foods are normally eaten for breakfast, lunch, or dinner. These can be sorted by meals, or also by food groups.

## Early Literacy Tips

Promote the **7 Days • 7 Ways** principles with parents and caregivers by emphasizing the three early literacy tips found in the yellow boxes in the storytime program.