

All About Me!

Presenter Tip Sheet

About This Storytime

Self-discovery is an exciting journey that begins soon after birth. As babies and young toddlers become aware of their bodies and their place in the world—while feeling secure in their caregiver’s love—their confidence and curiosity blossom. This storytime centers on the baby’s growing sense of self.

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:

- *All of Baby Nose to Toes*, by Victoria Adler (Dial, 2011)
- *Baby Faces Peekaboo!* by Dawn Sirett (DK Preschool, 2009)
- *Baby Hide and Seek!* by Dawn Sirett (DK Preschool, 2012)
- *Clap Hands*, by Helen Oxenbury (Walker Children’s, 2009)
- *Counting Kisses*, by Karen Katz (McElderry Books, 2001)
- *Feet Are Neat!* by Begin Smart Books (Begin Smart, 2008)
- *From Head to Toe*, by Eric Carle (HarperCollins, 2000)
- *Hands Can*, by Cheryl Willis Hudson (Candlewick, 2003)
- *Head, Shoulders, Knees & Toes*, by Annie Kubler (Child’s Play International, 2002)
- *Hello, Baby!* by Beth Harwood (Silver Dolphin Books, 2006)
- *Hop a Little, Jump a Little!* by Annie Kubler (Child’s Play International, 2010)
- *If You’re Happy and You Know It*, by Jane Cabrera (SRA/McGraw-Hill, 2008)

- *Please, Baby, Please!* by Spike Lee (Simon & Schuster, 2006)
- *Ten Little Fingers*, by Annie Kubler (Child’s Play International, 2009)
- *Ten Tiny Tickles*, by Karen Katz (McElderry Books, 2005)
- *Walk On! A Guide for Babies of All Ages*, by Marla Frazee (Harcourt Children’s, 2006)
- *Where Is Baby’s Belly Button?* by Karen Katz (Little Simon, 2000)
- *Who Loves You, Baby?* by Nina Laden (Chronicle Books, 2007)
- *Whose Knees Are These?* by Jabari Asim (Little, Brown, 2006)
- *Whose Toes Are Those?* by Jabari Asim (Little, Brown, 2006)

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
- “Head, Shoulders, Knees, and Toes” 🎧 16
- “Where Is Thumbkin?” (sung to the tune of “Frere Jacques/ Are You Sleeping?”) 🎧 56
- “Twinkle, Twinkle, Little Star” 🎧 49
- 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:

- "One, Two, Three" (bounce/lift)
- "Open, Shut Them" (finger/hand)
- "Here Are Baby's Fingers" (finger/hand)

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:

Mirror Play. Babies are very attracted to human faces, including their own. Have mirrors available so that the baby can look at her favorite subject! Point out parts of the child's body and label them: ear, nose, eyebrow, neck, chin, mouth, and so forth. With young toddlers, have them repeat the body part after you say it.

My Eyes and Ears. Provide magnifying glasses and invite little ones to look at their fingers and toes. Add other interesting items to view, such as leaves, textured material, and photos. Encourage adults to use words that describe what little ones are observing and words that relate to eyes (see, look, squint, wink, blink, etc.). In addition or alternatively, provide items that make a sound, such as bells, rattles, music boxes, and rhythm band instruments. Invite little ones to explore the sounds. Encourage adults to use words that describe the sounds (soft, loud, music, ring, rattle, etc.).

My Arms and Legs. Teach little ones some basic exercises such as knee bends, arm stretches, and jumping jacks. Discuss the body parts used for each exercise. Ask caregivers to modify the exercises for babies. For example, adults may hold babies' hands while babies pull up, or adults may bicycle babies' legs.

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.