

Happy Talk



Rhymes & Songs & Babies

From birth, and before birth, rhymes and songs are a way for us to connect with babies. We know babies already recognise familiar voices at birth and so ... let's get singing!

Rhymes and songs can promote the early use of sounds and sound play! Think of all the animal sounds you can learn!

Rhymes and songs can signal routines to babies and small children e.g. always sing Twinkle Twinkle at night.

Rhymes and songs can be soothing, quiet, relaxing and familiar, so they make babies feel safe.

Rhymes and songs can promote movement, dancing, and fun!

As toddlers and children get older and develop, rhymes and songs build a foundation for learning language, early reading skills and being good communicators overall!

Every culture and language has rhymes and songs of its own. We love to hear rhymes and songs in every 'home language' and 'heart language'!



April 2023

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

10 Apr ● Easter Monday

For further information visit:
www.hse.ie/happytalk

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Mindful Moment

Listening Carefully Mindful Moment

Take a moment to quiet down and sit still, and take some deep breaths. This Mindful Moment is a great way to take a silent moment between activities.

Invite children to listen to the sounds outside the room... the sounds inside the room... the sound of their breath... the sound of the heart beating. Quietly tell someone what they could hear.

Maybe you can hear the cards on the road outside, or people talking in the room next door.

Finish with a last quiet moment to take some deep breaths.



Rhyme

Old Mac Donald

Old Mac Donald had a farm, E.I.E.I.O!
And on that farm there was a...
Cow ... Moo!
Sheep ... Baa!
Chicken ... Cluck!
Donkey ... Ee aw!



Rhyme Time Voices and Games-

Rhymes for Babies

From birth we can use rhymes to support early development! Use this month's rhyme to make lots of sounds!

Old Zoo Keeper had a Zoo, E-I-E-I-U!
And in that zoo he had a...
Monkey ... Oo oo oo!
Snake ... Ssssss!
Tiger Argh!
Crocodile ... Snap!
Old Park Ranger worked in the woods,
E-I-E-I-O,
And in the woods he had a ...
Bear ... Argh!
Rabbit ... Crunch!
Frog ... Ribbit!
Bird ... Tweet! Tweet!

