



Play and Learning 6

Music, songs and movement

Songs and music help develop language and coordination, and can also be very soothing.

When it comes to music, songs and movement:

- **babies** respond to your voice, songs and movement from the moment they are born. Babies find being rocked and swayed slowly to music soothing. Gentle jiggling and bouncing, or watching you sing action songs can also be fun.
- **toddlers** enjoy hearing songs over and over again. This helps them be able to join in with actions and words. Clapping along to the song and using instruments can be fun.
- **young children** begin to move their body to the beat of the music and join in with more complicated actions and songs.

What you can do

- Start with **short, simple songs with actions**.
- **Make singing fun** – laugh and use exaggerated voice, facial expressions and actions.
- Be aware that **fast, loud music can excite a child** and **slower, quiet rhythmical music can help children feel calm and relaxed**.

Some activities to try

- **Make a 'Songs I know' chart** together, with drawings and pictures.
- **Use music to help your child during daily activities** – songs like 'This is the way we pack away' to help children change activities, pack away or start a new task.
- **Make your own instruments** – drums from saucepans and spoons, bottles or containers filled with rice or pasta for shakers. Make sure the lids are securely closed.
- Put on some music and **encourage your child to try different ways of moving their body** – be an animal, aeroplane or spaghetti. Try copying how your child moves.
- **Clear a large space for dancing sessions** – children love to dance and sing in front of a mirror. Waving scarves or streamers to the music is fun too.
- **Act out rhymes or songs** using puppets or teddies.
- **Sing while drawing and playing** – 'Round and round the garden' while drawing circles, 'Teddy bear' while playing with teddy.



Songs

Round and Round the Garden

Round and round the garden like a teddy bear.
1 step, 2 steps,
Tickle him (her) under there.

Incy Wincy Spider

Incy Wincy spider climbed up the water spout.
Down came the rain and washed poor Incy out.
Out came the sunshine and dried up all the rain
And Incy Wincy spider climbed up the spout again.

If you're happy and you know it

If you're happy and you know it clap your hands.
If you're happy and you know it clap your hands.
If you're happy and you know it then you really
ought to show it.

If you're happy and you know it clap your hands.

(Other ideas –

If you're sad and you know it have a cry.

If you're angry and you know it stamp your feet.)

The wheels on the bus

The wheels on the bus go round and round,
round and round, round and round.

The wheels on the bus go round and round,
all the way to town.

(The driver on the bus says, 'Tickets please.'

The babies on the bus cry, 'Boo hoo hoo.'

The parents on the bus go, 'Shh, shh, shh'.)

Keeping your child safe

- Supervise your child closely at all times especially around water, play equipment, or when using objects such as scissors, pencils, glue or paint. Avoid flammable or toxic materials.
- Babies, toddlers and young children can choke on small toys and objects. Regularly check toys to make sure they are safe and in good condition.
 - Toys should be bigger than a 20 cent coin.
 - Strings on toys should be less than 20 centimetres long.
- Do a safety check and make sure your home is safe for your child to actively explore.
- Babies are sensitive to loud music so avoid loud instruments and music.

Find out more

For more information on play, learning, and a range of other topics, visit:

■ playgroupwa.com.au

■ raisingchildren.net.au

■ bringingupgreatkids.org

■ cahs.health.wa.gov.au/childhealthresources

For more information about the metropolitan **Child Development Service** phone 1300 551 827 or visit cahs.health.wa.gov.au/childdevelopment

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Contact a qualified healthcare professional for any medical advice needed.

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5 Fat Sausages

5 fat sausages sizzling in the pan,
sizzle, sizzle, sizzle (rub hands together)
and 1 went BANG! (clap!)

4 fat sausages.....

(Repeat and continue to count down.)

Head, shoulders, knees and toes

Head and shoulders, knees and toes,
knees and toes, knees and toes.

Head and shoulders, knees and toes.

We all clap hands together.

(Eyes and ears and mouth and nose.)

This is the Way We

This is the way we go to bed,
go to bed, go to bed.

This is the way we go to bed.

It's time to go to sleep.

(Other ideas – This is the way we sweep, jump,
dress, clap, wave.)

Teddy bear, teddy bear

Teddy bear, teddy bear, turn around.

Teddy bear, teddy bear, touch the ground.

Teddy bear, teddy bear, stand on your head.

Teddy bear, teddy bear, go to bed.

Teddy bear, teddy bear, wake up now.

Teddy bear, teddy bear, take your bow.

