

## Bookbug Session: New Parents 1 (Guide for Bookbug Session Leaders)

Remember to follow baby's lead: if s/he is tired then one or two songs or rhymes may be enough. If you're not in a group situation leave out the introduction/final song. Remember to check publisher permission for reading books aloud online/in public.

Activity type	Title	Benefits	Tips
Introduction song	<a href="#">Hello Song</a>	Settles everyone in, lets them know you are starting session.	Use names or "Hello mummies/daddies/babies"
Familiar rhymes with actions	<a href="#">Round &amp; Round The Garden</a>	Encourages closeness & eye contact – good for bonding. Strong rhythm is building block for language & literacy.	Do this on both hands and either toes or tummy! Exaggerate your sing-song voice that babies love.
Song	<a href="#">Swing Me Over The Water</a>	Cuddles & face to face make baby feel safe & loved & promote release of happy hormones!	Try once with baby in arms, rocking & again with baby in front of you. Lift high on 123 and give cuddles at end.
Scots Rhyme	<a href="#">Broo Broo Brinkie</a>	Encourages eye contact, gentle touch & being face to face. Babies love to watch our faces but especially mouths & lips.	Try in different positions – baby lying down or on lap. Do a peek-a –boo after eyes and exaggerate your facial expressions.
Song	<a href="#">What Shall We Do With The Bouncing Baby</a>	Lots of opportunities to have fun with gentle bouncing and tickling.	Again model different positions which might suit different ages of baby better.
Story	<i>This Bonny Baby</i> by Michelle Sloan & Kasia Matyjaszek Wee Kelpies	Encourages joint attention, a lovely shared moment and introduces common vocabulary (eating, playing...).	Use actions to help with understanding. Remind parents there's no right way to do it and it's never too early or late to start sharing stories.
Finger Rhyme	<a href="#">Two Little Dicky Birds</a>	Encourages joint attention (both looking at the "dicky birds") & eye contact.	Babies could be lying down so you have hands free.

<b>Scots Song (Lullaby)</b>	<a href="#">Ally Bally</a>	Opportunity to model how to soothe & calm with your voice & some gentle rocking and swaying.	Sing slowly, rocking baby or swaying in time to music. Sing mummy's/daddy's/granny's knee etc.
<b>Rhyme (gentle)</b>	<a href="#">I Have A Little Spider</a>	Promotes closeness & gentle touch and tickles.	Try once with baby in arms & once on lap facing you. Keep voice soft, rhythm slow & tickles gentle.
<b>Song (lullaby)</b>	<a href="#">Twinkle, Twinkle</a>	Encourages closeness & cuddles.	Rock gently and slowly. Add actions if you can.
<b>Final Song</b>	<a href="#">Goodbye Song</a>	Lets everyone know the session is over.	Again use names if you know them, lots of smiles and wave bye bye!