

# ACTIVITY TIME

## Sing With Me

### Raising Literacy Australia

*Sing With Me* is a nursery rhyme buggy book and is the perfect first book to share together at the supermarket, in the car, at the park or while taking a stroll in the pram.

## Tummy time!

### You will need

- You and your baby
- Tummy time template.

### What to do

1. Tummy time is an important activity for young babies to help strengthen their muscles. Cut your template in half, then fold each half over to create two tummy time cards with a pattern on the front and song on the back.
2. Place the tummy time cards on the floor with your baby and talk to your baby, describing the animals and patterns. They will listen to you, while looking closely at the high contrast shapes.
3. Flip the tummy time cards over and sing the nursery rhymes.

### Why sing?

Singing with your baby is not only fun but it helps babies learn how language works from birth. When we sing, we slow down our speech, which helps babies to hear the different parts of words and phrases.

Babies understand words long before they can say them. By singing songs you are also introducing new words and helping your baby to learn what is happening around them.

Through songs and traditional rhymes, babies start to make sounds that will soon become their early words and even begin to learn how language works.

### The benefits of black and white books

Sharing black and white books right from the start is a simple way you can support your baby's developing eyesight. Your baby will need lots of opportunities to look at and to focus on images to strengthen their eyesight, and they can focus on high contrast black and white images easily.

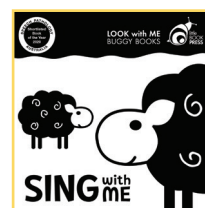
Sharing black and white board books will hold your baby's attention and are perfect books to share throughout the day and during tummy time or play time.

### Songs

*Hickory Dickory Dock, 1 2 3 4 5 Once I Caught A Fish Alive, Incy Wincy Spider.*

### Key message

Children are born ready to learn.



**Adult supervision is essential. Involve and talk with your child as much as possible.**



**\*You can introduce simple Science Technology, Engineering & Maths (STEM) concepts to children aged 2+ years through every day play.**

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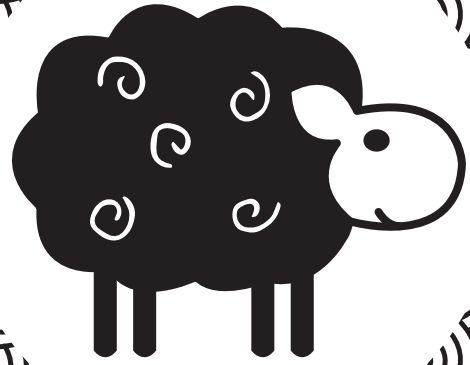
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Baa baa black sheep,  
have you any wool?  
Yes sir, yes sir, three bags full.  
One for the master,  
and one for the dame.  
And one for the little boy,  
who lives down the lane.



Row, row, row your boat,  
gently down the stream.  
Merrily, merrily, merrily, merrily,  
life is but a dream.

