

Bookbug Session: New Parents 2 (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.

Activity type	Title	Benefits	Tips
Introduction song	Hello Song	Settles everyone in, lets them know you are starting the session.	Use names if you know them, or "Hello mummies/daddies/babies"
Scots Rhyme	Roon About Moose	Encourages closeness & being face to face especially for tickles-this helps bonding.	Build excitement by adding pauses "Up a bit...up a bit....". Babies love hearing a sing-song voice. Model this on both hands & either toes or tummy!
Song	A Leopard Has Lots of Spots	Encourages eye contact, closeness, gentle touch. Strong rhythm is a pre-literacy building block.	Rock baby to the beat. Model a fast and slow pace Use fingers to make spots on baby then slow down and draw long stripes.
Song	Head, Shoulders Knees and Toes	Encourages being face to face for lots of facial expression. Actions help with language learning.	Try lying down & on lap. Tap gently on each body part. Babies love watching mouths and lips so make sure they can see yours!
Rhyme	Tickly, Tickly	Face to face, tickling, smiling and cuddles-these all make baby feel safe and loved.	Cuddle at end
Rhyme	Hey Diddle Diddle	Strong rhyme & rhythm-these both contribute to literacy.	Baby on lap and/or in arms.
Story	Snap! Snap! Cocoretto Child's Play	Joint attention (sharing interest in the same thing). Introduces animal sounds & vocabulary.	Use actions to help with understanding. Make eye contact with baby as well as looking at book to model joint attention.
Song (lullaby)	Love Somebody	Your voice & the rhythm can soothe and calm.	Rock or sway baby gently in arms.
Rhyme	Wee Willie Winkie	Regular rhyme and rhythm. Physical closeness and soft voice can calm.	Change pitch of voice up/down on up/downstairs. You can "run" fingers up and down baby and tap gently on "rapping at the windows"

Song (lullaby)	Skye Boat Song	As "Love Somebody"	Sing one verse then hum gently while swaying/rocking.
Final Song	Goodbye Everyone	Lets everyone know the session is over	Again use names if you know them, lots of smiles and wave bye bye!