

Hello Bump! – The Bookbug Antenatal CD

1. Bhundu Boys Instrumental (© Rise Kagona)

2. Swing Me Over the Water (traditional song)

Swing me over the water

Swing me over the sea,

Swing me over the garden wall and,

Swing me home for tea.

One, two, three,

Whee!

3. Humpty Dumpty (traditional rhyme)

Humpty Dumpty sat on a wall,

Humpty Dumpty had a great fall.

All the king's horses and all the king's men,

Couldn't put Humpty together again!

4. Roon About Moose (traditional Scots rhyme)

Roon about, roon about,

Goes a wee moose.

Up a bit, up a bit,

In his wee hoose.

5. Twinkle Twinkle, Little Star (traditional song)

Twinkle, twinkle, little star,

How I wonder what you are!
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star,
How I wonder what you are!

6. **Cronan Charsaig** (traditional Gaelic song)

Dùin do shùilean luaidh mo chrìdh'
(Shut your eyes, love of my heart,)
Dèan an cadal a ghràidhein,
(Sleep my darling,)
Dùin do shùilean luaidh mo chrìdh
(Shut your eyes, love of my heart,)
'S thèid mi don tràigh amàireach leat.
(And I will go to the beach with you tomorrow.)

Càit' eil an caisteal a thog thu a ghràidh?
(Where is the castle that you built my darling?)
Saoil thu bheil sgeul air a làrach?
(Do you think there's a sign of it left?)
Càit' eil na sligean a thrus thu sa bhàgh,
(Where are the shells you collected in the bay,)
Thall san tràigh bhàin aig Càrsaig.
(Yonder in the white beach at Càrsaig.)

Dèan thus' an cadal is èirigh tu slàn,
(Sleep peacefully and you will rise refreshed,)
thèid sinn le chèile amàireach.
(We will go together tomorrow.)

Null thar a' mhachair gu ruig an tràigh bhàn,
(Across the moor towards the white beach,)
Is togaidh sinn caisteal an Càrsaig.
(And we will build a castle in Càrsaig.)

Ealasaid bhòidheach, 's tu luaidh mo chrìdh',
(Beautiful Elizabeth, you're the love of my heart)
'S tu mo shaoghal, a phàisdein;
(You child, are my world.)
'S tusa mo bhruadair nuair bhios mi leam fhìn,
(You're in my dreams when I'm alone)
Dèan cadal gu socair andràsta.
(Now sleep peacefully.)

7. **Seashells** (story © Shona Cowie of the Village Storytelling Centre)

What did we hear at the beach today?

A seashell that we found on the sea shore,
we held it to our ears and we heard the sea roar.

Roar hush roar hush

We heard a dog today,
a big friendly one who bounded up and wanted to play.

Nouff nouff yuop yuop nouff

The dog was sniffing at everything, exploring with his nose.
His owner called his name, "JIM JAM," up, and off he goes.

There were screeches from far up and away,
seagulls caw cawing on the breeze of our sunny beach day.

Kwaa ke kwa kwa kwa

One seagull swooped down low and snatched a chip from a well aimed throw.
We heard someone shout today.

“Hey, they’re my chips, get away!”

After sandwiches and playing with our frisbees came sandcastles and then midges. Buzzing around, hungry for their own tea, trying their best to get a piece of mummy’s knee.

Bzzzzzzzzzzz thwack

The beach was so full of sounds today, lots of loud sounds but soft sounds too, like quiet sand pouring from our hands, far off tunes from the ice cream van and the noise mummy made as the waves tickled her feet after a whole entire day relaxing at the beach.

Ho hum Ghee ghee ghee

Time came to call it a day and the great pack-up got underway. Sandwiches, sandwich boxes, sandwich bags, sand. Towels, trowels, there’s no time for the ice-cream van. Keys, keys, frisbees, keys, 4 minutes of daddy searching on his knees, found the house keys. Sinking, stumbling, battling through more sand until we made it to the bus stop, where we danced the shoogie hop, last chance to remove the sand.

Tired from the sun and a long happy day, the bus arrived; we lumbered on and then the engine growled and took us away. Carry us home bus!

Dunk de dunk de grrrrrrrrrrrr

On the bus we heard a loud sound that’s meant to make you hear,
it says move carefully out of the way an ambulance is near.
Blue flashing lights, announces people saving lives.

Wooooaaah Weeeou wooooah weeou

Neighbours chatting at the door, joking and moaning about the football score. They gave us a hand to carry our bags and placed them neatly on the kitchen floor.

Home now, let's cosy down and think about our day and all of those sounds that we heard along the way. Neighbours chatting, the ambulance passing, and the growl of the bus on the road, midge thwacking, mummy laughing and sea gulls swooping down low, a big friendly dog and a roar from a seashell that we found on the sea shore.

When we were wee we thought it was the sea that we could hear when we held the shell to our ear. Can I tell you a secret, it's not the shore; it's you, your pulse, your own wee roar.

What do I mean? Well, quiet now, listen close, put your ear on me. Not the sea, not the shell, it's a heartbeat, it says all is well.

8. **Adelita** (classical instrumental)

9. **'Ille Bhig** (traditional Gaelic song)

Ille bhig gun togainn, thogainn,

(Little boy, I'll lift, lift)

Ille bhig gun togainn thu,

(Little boy, I'll lift you,)

'S ged a chùm thu mi bhom obair,

(Even if you're a distraction from work)

Ille bhig gun togainn thu.

(Little boy, I'll lift you,)

Sèist (Chorus)

Hai thogainn, hai leagainn,
Hai thogainn ha i ù,
Hai thogainn, hai leagainn,
Thogainn is gun togainn thu.

Tog an gille beag dhan adhar,
(Lift the little boy up in the air,)
Mìle rionnag ann a' tàmh,
(Where a thousand stars abide,)
Tulg e dhoimhneachd na mara,
(Rock him to the depths of the ocean,)
Far bheil iasgan beaga snàmh.
(Where little fishes dwell.)

Bidh do mhàthair uairean sàraicht',
(Your mother is sometimes tired)
Tulgadh suas 's a' tulgadh sìos,
(Rocking you up and down,)
Deòir is doilgheas do mhàthar,
(Your mother's joyful tears,)
Ille bhig, cha d' thuig thu riamh.
(You'll never understand.)

10. Baa, Baa, Black Sheep (traditional song)

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

And thank you said the little boy who lives down the lane.

Baa baa black sheep, have you any wool?

Yes sir, yes sir, three bags full!

One for the master, one for the dame.

And one for the little girl who lives down the lane.

Thank you said the master, thank you said the dame.

And thank you said the little girl who lives down the lane.

11. Round and Round the Garden (traditional rhyme)

Round and round the garden,

Like a teddy bear,

One step, two step,

Tickly under there!

12. Ally Bally (traditional Scots instrumental)

13. Wee Willie Winkie (traditional Scots song)

Wee Willie Winkie runnin' through the toon

Up the stairs doon the stairs in his nightiegon

Rattlin' at the windae, cryin' at the lock

Are all the bairnies in their bed

It's past eight o'clock

14. Twinkle Twinkle, Little Star (instrumental)

15. Rock-a-bye Baby (instrumental)