

# You are My Sunshine



## Learner Goals

I can enjoy a bedtime routine that includes calm and connection.

## LYRICS

You are my sunshine, my only sunshine.

You make me happy when skies are gray.

You'll never know, dear, how much I love you.

Please don't take my sunshine away.



## ACTIVITY

Include this sweet song as a part of your bedtime routine. Hold your child close as you softly sing and rock side to side, either standing or seated.

Your child benefits in important ways from this simple song. They feel and hear you sing. They can touch you and savor the closeness you two experience as you sway or rock. They even love the smell of you! It is comforting and familiar. Rocking provides another type of sensory experience called vestibular stimulation, an important component of balance and equilibrium.

You are building core memories with your child by including this song in your routine, so be consistent in including it every evening. They will likely sing this song to their children some day!

Our music videos provide an opportunity for YOU to learn a new song so that you can sing it face-to-face with your child. Your child likes your voice best, so share your voice as you enjoy this song together.



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