



just 10 minutes

Song Card Notebook

www.justtenminutes.org

Hello, Toes!



Learner Goals

I can connect through music and touch with my caring adult.

LYRICS AND MUSIC © 2001 Mary Gresock

Here's a fun song to sing with your baby as they lay on the floor and gaze at you.

1. **Hello, toes. How do you do?** Touch your baby's toes.

**I'm just fine and I'm dancing, too! A-doo-doo-doo, a-doo-doo-doo,
A-doo-doo-doo-doo-doo-doo-doo-doo!**

Move your baby's toes from side to side.

2. **Hello, knees. How do you do?** Touch your baby's knees.

I'm just fine and I'm dancing, too! A-doo-doo-doo ...

Gently pat your baby's knees from side to side.

3. **Hello, belly. How do you do?** Touch your baby's belly.

I'm just fine and I'm dancing, too! A-doo-doo-doo ...

Gently pat your baby's belly like a drum!

4. **Hello, fingers. How do you do?** Hold your baby's hands.

I'm just fine and I'm dancing, too! A-doo-doo-doo ...

Alternate your hands front and back or side to side.

5. **Hello, body. How do you do?** Move your hands down Baby's body.

I'm just fine and I'm dancing, too! A-doo-doo-doo ...

Hold them close and move side to side to the beat!

What other body parts can you and your baby "greet" with hello?

Our music video includes the composer modeling a large motor version of her song for older kids. Enjoy. Thanks, Miss Mary!

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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Character Song Card

Hello, Toes!

Our character song cards are a fun and beneficial way to bring music and connection into your family's routine. They empower your child to choose songs for you to sing together, making music a collaborative and joyful experience.



Hello, Toes!

hello

Making Your Cards Last:

To get started, simply print the cards, trim them, and cover them with packing tape to make them durable for little hands. Storing them in a small bag makes it easy to bring your "Bag of Songs" along in the car, your purse, or a diaper bag.

How They Benefit Your Child:

Boosts Early Literacy:

As your child chooses a card, they begin to connect a picture with a specific song. This is a foundational step in understanding that pictures have meaning, which is a crucial early literacy skill.

Fosters Predictability & Security:

This simple, shared routine of choosing and singing songs offers your child the predictability, structure, and connection they crave. These experiences help to soothe and regulate their feelings, making them feel safe and understood.

Provides a Great Diversion:

Your "Bag of Songs" is a perfect, on-the-go tool to help with tricky moments like car rides or waiting at the doctor's office.





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More Magic Awaits!

Stay connected with us and discover the next moments of fun, creativity, and joy.

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