



just 10 minutes

Song Card Notebook

www.justtenminutes.org

Rock-a-Bye, Baby



Learner Goals

I can move expressively as I sing this traditional lullaby with my caring adult.

LYRICS

Rock a bye baby *Put arms together and swing side to side*

On the tree top. *Put one arm up to represent a tree*

As the wind blows, *Sway arms in the air*

The cradle will rock. *Back to rocking side to side*

When the bough breaks, *Use the "tree arm" and make it fall inward*

The cradle will fall, *Put your hands up in the air, then let them slowly fall*

And down will come baby, *Arms together, rock side to side*

Cradle and all. **Repeat**

ACTIVITY

This song incorporates motor movements to support the lyrics and to engage with your child. Don't go too fast! Give your child some time to form the motions to show they can imitate you. Add this lovely traditional lullaby to your bedtime ritual. Hold your child as you sway and softly sing the song to them, then lay them in their crib or bed.

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

Rock-a-bye Baby

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.



Rock-a-bye Baby



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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 justtenminutes.org/category/music-mondays

Download Song Cards

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