

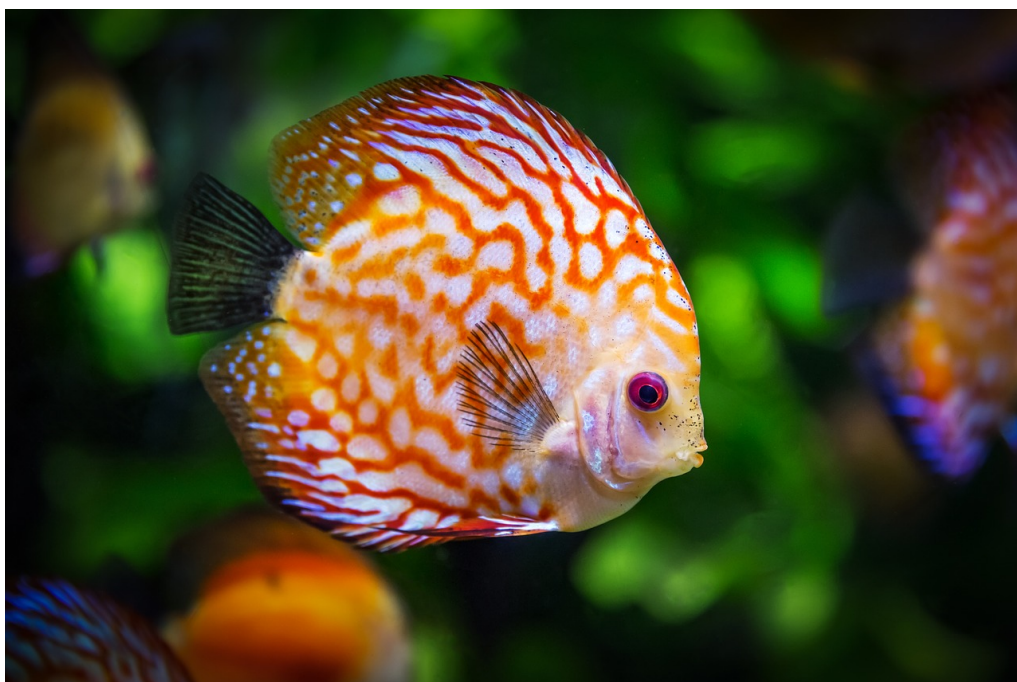
Hello Song



Insert the names of the babies in the group

Hello baby,
Hello baby,
Hello baby,
It's nice to see you here

One, two, three, four, five



One, two, three, four, five,
Once I caught a fish alive,
Six, seven, eight, nine, ten,
Then I let it go again.

Why did you let it go?
Because it bit my finger so.
Which finger did it bite?
This little finger on my right.

Tiny Caterpillar



*To the tune of
‘She’ll be coming round the Mountain’*

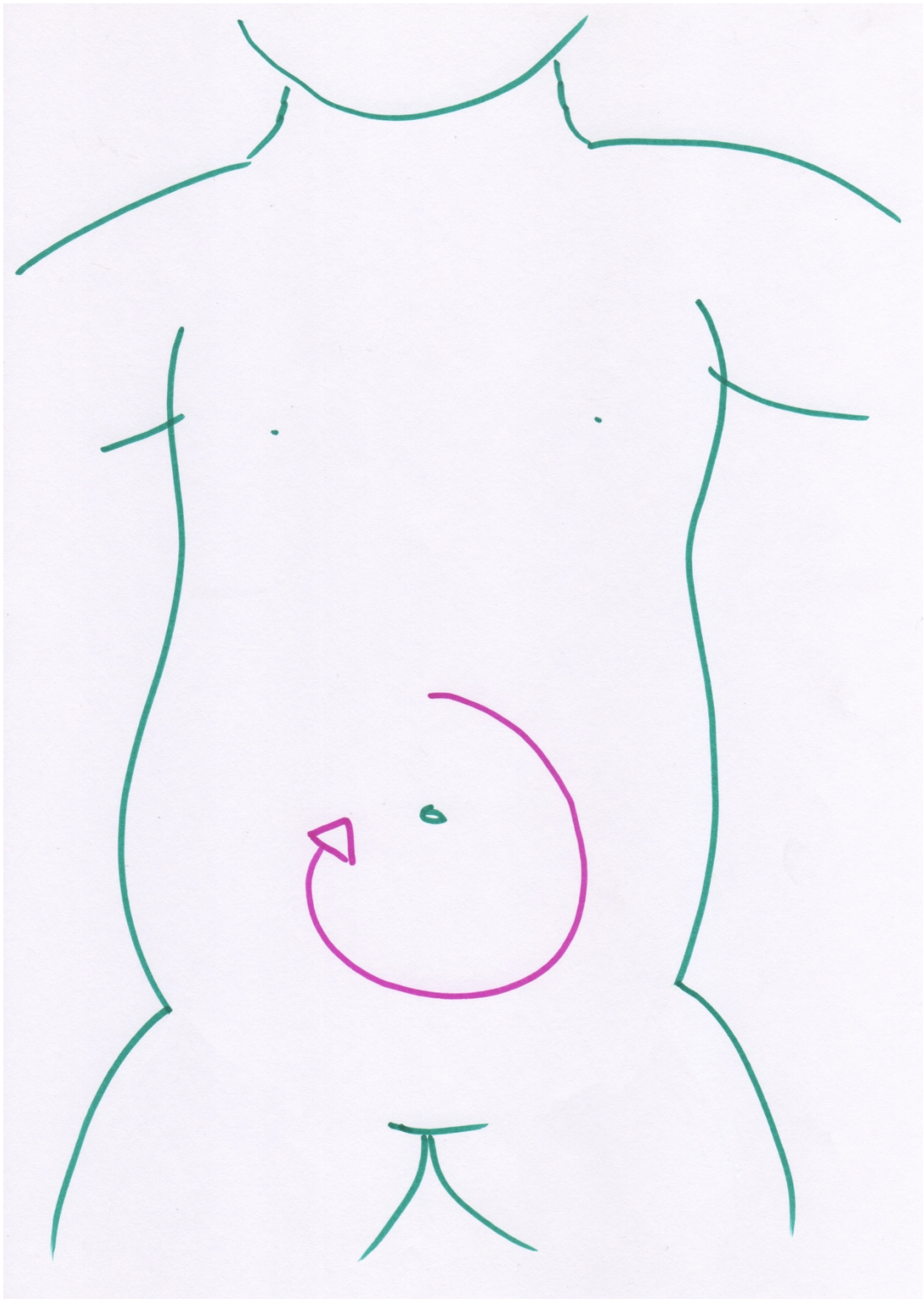
There’s a tiny caterpillar on a leaf,
Wiggle, wiggle,
There’s a tiny caterpillar on a leaf,
Wiggle, wiggle,
There’s a tiny caterpillar,
A tiny caterpillar,
A tiny caterpillar on a leaf
Wiggle, wiggle.

Little Green Frog



Mmmm Mmmm went the little green frog one day
Mmmm Mmmm went the little green frog
Mmmm Mmmm went the little green frog one day
So we all went Mmmm Mmmm bllllrugh

But we all know frogs go
Blrrgh sha-la-la-la-la
Blrrgh sha-la-la-la-la
Blrrgh sha-la-la-la-la
We all know frogs go
Blrrgh sha-la-la-la-la
They don't go Mmmm Mmmm bllllrugh



Lavender's Blue



Lavender's blue,
Dilly dilly,
Lavender's green,
When I am king,
Dilly dilly,
You shall be queen.

Tiny Turtle

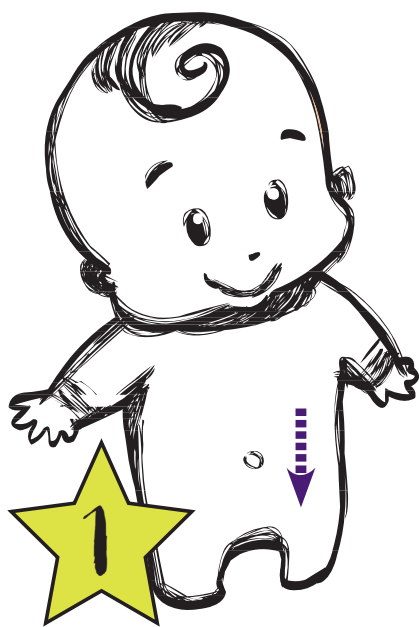


I had a tiny turtle.
His name was Tiny Tim.
I put him in the bathtub, to see if he could swim.

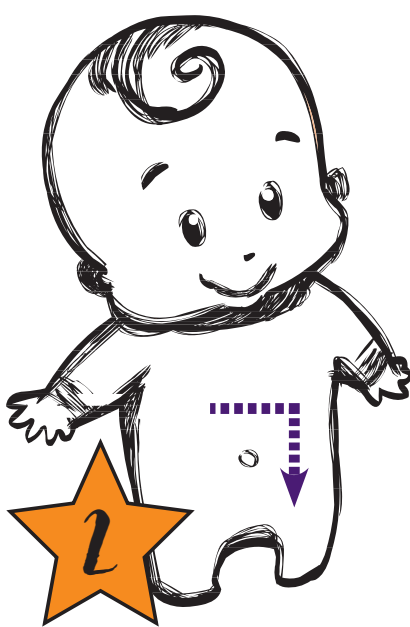
He drank up all the water (*glug glug glug glug*)
He ate up all the soap (*num num num num*)
And now my tiny turtle,
Has bubbles in his throat.

Bubbles, bubbles, bubbles,
Bubbles, bubbles, bubbles,
Bubbles, bubbles, bubbles go..... POP!

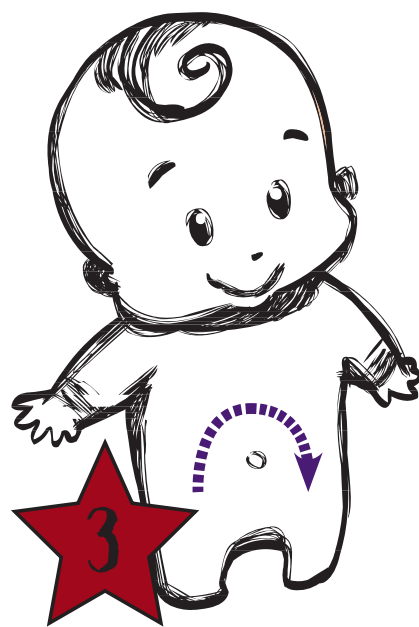
Massage strokes for "I love you" massage



↓
"I"



└
"LOVE"



↪
"YOU"

Row Row Row



Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream

Row, row, row your boat
Gently down the stream
If you see a crocodile
Don't forget to scream!

Row, row, row your boat
Gently to the shore
If you see a lion
Don't forget to roar!

Round and Round the Garden



Round and round the garden, like a Teddy Bear...

Trace finger in a circle around child's palm

One step, two step...

Walk your fingers up child's arm

Tickle you under there!

Tickle under chin, under arm or tummy

Five Little Ducks

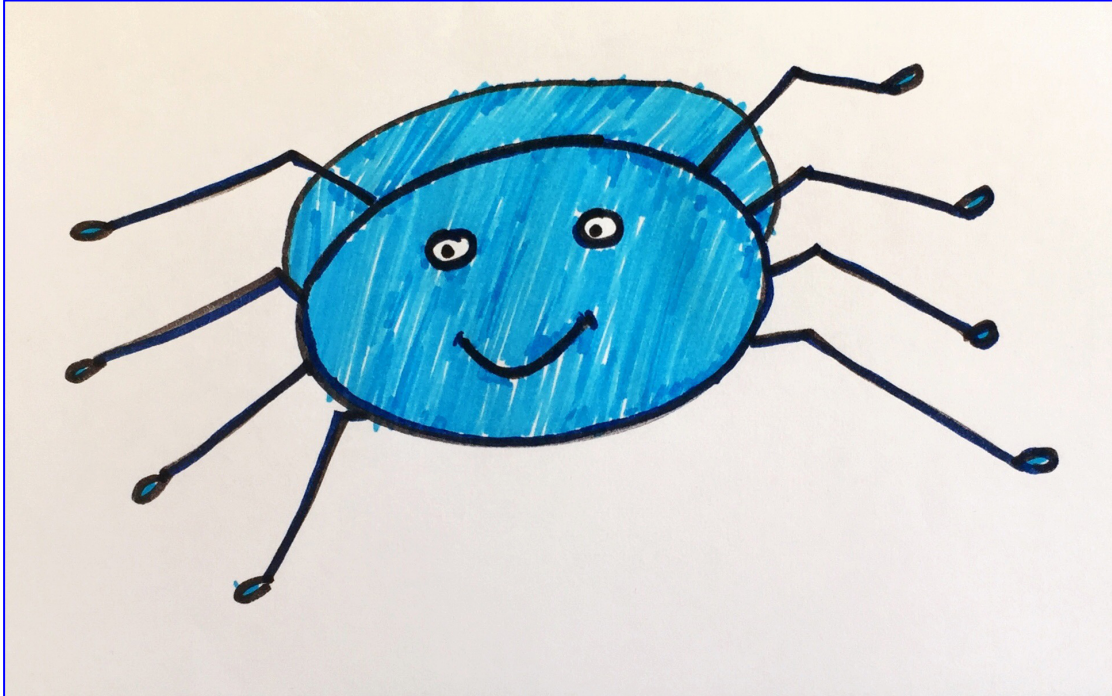


Five little ducks went swimming one day
Over the hill and far away
Mother duck said, "Quack quack quack quack"
And only four little ducks came back!

....

One little duck went swimming one day
Over the hill and far away
Mother duck said, "Quack quack quack quack"
And all five little ducks came swimming back!

Incy Wincy Spider



Incy Wincy spider climbed up the water spout
(finger walking up the baby's back)

Down came the rain and washed the spider out
(whole hand strokes from nape of neck to toe)

Out came the sunshine and dried up all the rain,
(flat of hand, circles on the baby's back)

And Incy Wincy spider climbed up the spout again
(finger walking up the baby's back)

Each, Peach



*Gently pluck the baby's bottom with each word
of the rhyme*

Each, Peach, Pear, Plum,
I spy a baby's bum!

Advice for Mums from Mums

Nearly half of Mums struggle with anxiety or depression before or after birth.
You are not alone!



Debunking myths



The rush of love

The rush of love that you get when you first see your baby that everyone tells you about - this is not true for so many Mums. For most Mums your love will grow over time, until you feel that amazing love everyone talks about. It will come so don't worry - and if you are worried call your HV.



Your baby is fine, that is all that matters

No!

That is not all that matters. YOU are important. Your happiness matters. Do not be afraid to think of yourself and to look after yourself.



Dads are useless

NO!

Dads are one half of the parenting team. You are a team together. Dads are capable. Dads are not baby-sitters. Communicate with each other. Support each other, learn together. All families are different and whoever you co-parent with support each other and work together. You do not have to feel alone.



You will forget all about birth

This is untrue and dismissive to your feelings. Every birth is different, every Mum's experience is different and every experience matters. A birth is a huge emotional event as well as physical. If you need to talk about your birth or you are struggling with what happened then speak to your partner, a friend, your HV or ask to discuss your birth with a senior midwife.



It's the happiest time of your life

Having a baby is wonderful but it is also very hard work and exhausting. Many women, and some men too, struggle emotionally and mentally, feeling quite low, anxious and sometimes isolated. If you feel like any of this describes you talk to someone you trust, your partner, family member, your Health visitor etc

By
Forging Families



www.forgingfamilies.org.uk

Why might a baby cry?

How do you feel when your baby cries inconsolably?

How do you think your baby is feeling when they are crying?

*What do you do to support your baby
through prolonged crying?*

*What do you do to support yourself
if your baby cries for long periods?*