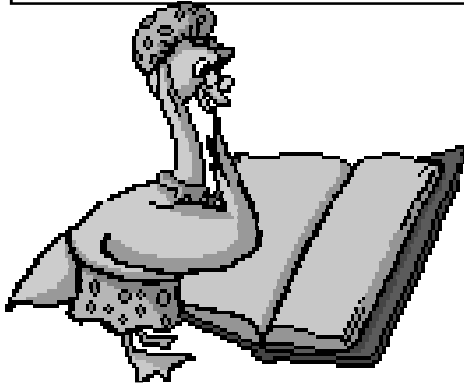


## Rhyme and Reasons



### Rhyme time

Babies love rhymes. Before birth, babies hear the rhythmic beat of their mother's heart. Shortly after birth they are conscious of different rhythms, including their own sucking rhythms as well as breathing and rocking. They seem ready

to tune into rhythms of speech - in fact, babies seem to pay more attention to rhymes and be more responsive to them than to normal speech.

### Why rhymes are so good for babies and toddlers

Your baby has your undivided attention and your face is close, so they can more easily 'read' and later imitate the sounds

- Your speech is softer, slower and higher-pitched than normal speech, which makes understanding easier and reflects your love for your child
- Most rhymes include some physical interaction, which adds fun and surprise and gives opportunities for smiles and laughter
- Your child will learn about turn-taking, listening and joining in - all essential skills for communicating
- Your child will become familiar with repeated rhymes and will take comfort from them
- Singing or reciting rhymes with your child increases word acquisition

### But rhymes are also good for adults!

- Some adults find it difficult to talk to babies. Saying a rhyme can be an effective way of starting communication and sustaining interaction, as the baby is likely to respond enthusiastically and want more
- Rhymes provide ideal one-to-one bonding situations
- Rhymes can sooth your baby
- No equipment is needed

### Presentation

- Make sure your baby is 'in the mood' before you begin. Your baby or toddler should be looking at you

- Introduce and accompany the rhymes with a running commentary, such as "Listen to me. Time to stop now. Well done."
- Give lots of praise when your child joins in. Children like an audience!
- Add fun by the way you use your voice. Pause to add suspense
- Begin with familiar rhymes, which comfort your child, and work towards the new
- Turn off the TV and radio so your voice can be clearly heard
- Personalize rhymes by adding your child's name where possible
- Make it fun! The more engaged your child is, the more likely it is that he will acquire words

Source: <http://www.literacytrust.org.uk/talktoyourbaby/Rhymetime.html>

## Suggested Reading

**My Very First Mother Goose** by Iona Archibald Opie (ed.), illustrated by Rosemary Wells. Candlewick Press, 1996.

**Nursery Tales Around the World** by Judy Sierra (ed.), illustrated by Stefano Vitale. Clarion 1996.

**Babushka's Mother Goose** by Patricia Polacco (editor and illustrator) Philomel 1995.

**James Marshall's Mother Goose** by James Marshall (editor and illustrator) Farrar, Straus and Giroux 1979.

**A, My Name is Alice** by Jane Bayer, illustrated by Steven Kellogg. E.P. Dutton, 1984.

**The Real Mother Goose** by Blanche Fisher Wright (editor and illustrator). Scholastic, 1994.

**Arnold Lobel Book of Mother Goose** by Arnold Lobel (editor and illustrator). Knopf, 1997.

# Popular Nursery Rhymes

## Baa, baa, black sheep

Baa, baa, black sheep,  
Have you any wool?  
Yes sir, yes sir,  
Three bags full;  
One for the master,  
And one for the dame,  
And one for the little boy  
Who lives down the lane.

## Curly Locks, Curly Locks

Curly Locks, Curly Locks  
Will you be mine?  
You shall not wash dishes,  
Nor feed the swine,  
But sit on a cushion  
And sew a fine seam,  
And sup upon strawberries,  
Sugar, and cream.

## Hickory, dickory, dock,

Hickory, dickory, dock,  
The mouse ran up the clock.  
The clock struck one,  
The mouse ran down!  
Hickory, dickory, dock.



Simple Simon met a pieman,  
Simple Simon met a pieman,  
Going to the fair.  
Said Simple Simon to the pieman,  
"Let me taste your ware."

Said the pieman unto Simon,  
"Show me first your penny."  
Said Simple Simon to the pieman,  
"Indeed I have not any."

Simple Simon went a-fishing,  
For to catch a whale;  
But all the water he had got  
Was in his mother's pail.

Simple Simon went to look,  
If plums grew on a thistle;  
He pricked his fingers very much,  
Which made poor Simon whistle.

He went for water in a sieve,  
But soon it all fell through;  
And now poor Simple Simon  
Bids you all adieu.

## Community Events

- **Chip** –Still accepting applications. Apply on line at <https://health.exevision.com/Start.jsp> or call 1-877-KIDS-NOW .
- **Ready to Learn**—Sept 19, Utah County Health Department, Rm. 1600, 12—1 p.m.
- **Grandparent Classes**—Sept 13, Utah County Health Department, Rm. 1600, 10 am
- **Nutrition Class**— Sept 11– Grains , Sept 18– Breakfast. **Free Classes** offered by USU Extension, held at Demo Kitchen 100 E. Center St., Provo– Suite L700 (in the basement). To reserve a spot, call 801-851-8479 or 376-9559
- **Spanish Parent Group** -- Sept 27, Utah County Health Department, Rm. 1600, 6 –7 p.m.
- **Car Seat Safety Classes** - Sept. 4, 26, Utah County Health Department, Rm. 2601, varying times, for more information call 851-7035 or [uchlth.andream@state.ut.us](mailto:uchlth.andream@state.ut.us)
- **Library Fun**- Check your Local Library for fun reading events and classes