

MUSIC TOGETHER®

Lullabies



**MUSIC
TOGETHER®**
BRINGING HARMONY HOME.®

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Water Is Wide* 16. Tomorrow's Now Today³ 17. Su La Li⁴ 18. May All Children¹ ¹Composed by K.
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The Power of Lullabies

There's nothing quite like singing softly to an infant in your arms. It seems to be a universal impulse for adults—every culture around the world has its own lullaby tradition. But lullabies are not just for babies, and they are far more than just a useful way to settle a child to sleep.

A lullaby provides a time to be close to your child physically, emotionally, and musically. It bonds parent and child, lulling both singer and listener, synchronizing breaths and reducing stress. A lullaby can soothe an

overstimulated child, comfort a child who's upset, or offer a quiet respite at any time of the day.

The lullaby can also transform the bedtime hour into an oasis of loving calm. For babies and toddlers, it provides a comforting bedtime ritual. For older children, who are increasingly verbal, it is often the time they spontaneously confide their hopes and fears. For parents and caregivers, it is a time to pause in their busy day and enjoy a moment of quiet intimacy.



Using the CD

While we at Music Together always encourage active music-making whenever possible, there's also a place in life for quality listening. This CD can set a relaxed mood at any time, but it can especially enhance the bedtime ritual. Try letting it play while your child brushes her teeth, puts on pajamas, and gets into bed.

You can also play the CD in the background while your child is engaged in a quiet activity such as drawing or coloring. Starting the

recording at different places each time you put it on will ensure that your child experiences all eighteen songs over time.

Singing to your child

You and your child may develop some favorites among the lullabies on this CD. Pick a few and sing them to your child. Young children love to hear their grownups sing to them! The sound of your voice, even if not pitch-perfect, is precious to your child. Lullabies are especially rewarding because of the closeness they engender.

According to Music Together founder/director Kenneth K. Guilmartin and his program co-author Lili M. Levinowitz, Ph.D., one of the goals of the Music Together® early childhood music program is to “give back the lullaby” to parents. You can read more about

Music Together's Family Classes and Preschool Program in the back of this book, but for now, turn on the CD and listen to some sweet lullabies! We hope they inspire a bedtime tradition that you and your child will cherish for years to come.



1. GRreat Big Stars

Star light, star bright...

- This Appalachian folk song comes from an African-American spiritual. One familiar version uses the lyrics, "Oh, my little soul's gonna shine, shine."
- Our version of this lullaby features a parent and child singing together. See if your child might like to sing along, too. You can also invent a special verse which makes your child the "star" of this song: "Great big star, my boy Tommy"; "Great big star, my girl Lizzie." Personalizing a lullaby like this makes it an even more loving and intimate experience for both parent and child.



2. Shenandoah

This Music Together arrangement of a well-known American ballad is especially lovely.

- This is an American folk song from the 1800s whose origins are unclear; it was perhaps a river chanty sung by cargo loaders and boatmen along the Missouri River. Some think "Shenandoah" refers to an Indian chief whose daughter the singer loves, while others believe the singer is missing his home in the Shenandoah Valley, where his love awaits.
- After singing the song as written, try singing it on neutral syllables such as "ooh" or "la." You can also adapt it for your child; for example, try singing, "Oh Natalie is very sleepy / Way away, she's bound for dreamland / My Natalie is very sleepy / Way-hey, she's bound away / To peaceful dreams in dreamland."



3. Raisins and Almonds

A rich and warm traditional melody brings sweet dreams.

- This song was written in 1880 by Abraham Goldfaden, considered the founder of Yiddish theater, and has become one of the best-known Yiddish lullabies in the world.
- Sing to your child in a relaxed way. An infant may spontaneously make her own sounds in response. Imitate her sounds to encourage her as she “sings along” with you. An older child may join in on the ends of phrases, for example, singing the words “raisins and almonds.”



4. SleepyHead

Snuggle in your bed, Sleepyhead.

- This song was written by Lyn Ransom, Music Together’s Director of Program Development, for the children at Mercer Children’s Center in Trenton, NJ, where she helped develop the Music Together Preschool program. The use of a mountain dulcimer in this song makes it sound similar to a traditional Appalachian folk song.
- This is another song that’s easy to personalize with your child’s name: “David, David, sleep, sleepyhead...” Children never tire of hearing their own name in a song.



5. The Riddle Song

How can there be a baby with no cryin'?

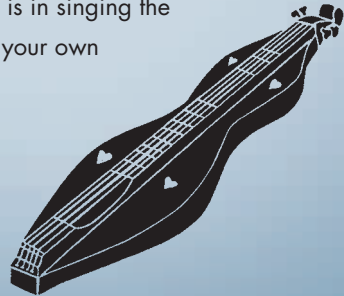
- This English folk song, probably from the 15th century, was carried by settlers to the Appalachians. Clever riddles and riddle songs were popular in England; this song is perhaps the most well known of the genre. A note for modern listeners: a “chicken when it’s pippin’” is one who is just starting to peck open its egg.
- The ritual of a lullaby is emotionally powerful and helps bring on sleepiness. Singing at bedtime can really help your child settle in for the night. If you establish a regular lullaby ritual, you may find that you have a baby “with no cryin’.” Enjoy these special years with your child and the closeness music can bring.



6. Ally Bally

This sweet, traditional melody has put many a child to sleep.

- This Scottish song was written by Robert Coltart to advertise his anise-flavored Coltart’s (“Coulter’s”) candies to local mill workers. The song became known throughout Scotland when a newspaper published the song in the 1950s, some 50 years after Coltart—and his candy recipe—had passed away. The phrase “greetin’ for” means to ask or beg for the penny needed to buy some candy.
- Part of the pleasure of this song is in singing the syllables “Ally bally bee.” Sing your own silly syllables, or try humming a verse or two. Humming feels especially intimate at bedtime or naptime.



7. By 'n' By

After a long day, this sweet song is perfect for rocking, hugging, and humming.

- This is a traditional American song whose roots are unclear, although some say it's from Texas. Wherever the song originated, the recurring "by 'n' by" suggests it's from the spiritual tradition.
- It can be lovely to lie next to your child and point to imaginary stars on the ceiling as you sing this song—it's the childhood equivalent of counting sheep! Don't worry about whether your child can count along with you, just relax and enjoy the song as a lullaby. Your child will gradually—and delightedly—pick up the counting through repetition. (Hint: that's how they learn most everything.)



8. My Bonnie

You might recognize this beautiful Scottish folk song.

- While the origins of this song are unclear, some think it may refer to "Bonnie Prince Charlie," an exiled Stuart prince who led a Scots army in his failed attempt to gain the British throne in the 1700s.
- You can use your child's name in this song, or play with changing the words to fit your bedtime routine: "My Jenny puts on her pajamas, my Jenny is brushing her teeth / My Jenny will climb into bed now, and soon she will be fast asleep / Good night, good night, good night, my Jenny, good night, sleep tight..." You may be surprised by the way music can inspire cheerful cooperation from your child.



9. CRADLE Song

Cuddle, rock, and sing of sweet dreams and moonbeams.

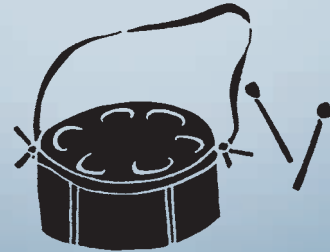
- These lyrics are from William Blake's *Songs of Innocence*, a collection of poems and paintings published in 1789. Kenneth K. Guilmartin, founder/director of Music Together, has set a number of Blake's poetry and prose pieces to music.
- Sing or hum this lullaby when you want to help your child settle—at naptime or bedtime, while riding on a plane, or when he's not feeling well. Sing gently, rocking and caressing him. With enough repetition, music has the power to soothe and quiet even the most active child.



10. DuéRMete Niño Bonito

Cuddle with your child and sing this beautiful Spanish melody.

- This traditional Spanish folk song means “Sleep, my handsome little one, la, la, la... / Sleep, my love, with this song. I am with you; sleep.”
- Children are often fascinated by this song. The minor tonality adds a hint of mystery, while the rolling notes of the steel drum and the sounds of Spanish words may be new and interesting. Sing the song in Spanish if that is comfortable for you, or sing it on “la” or “doo.”



11. Su La Li

Snuggle with your child and sing from your heart.



- Su La Li is a classic example of a “song without words.” Songs that are sung on syllables serve two important functions: even children who have not yet learned to speak can attempt to sing them, and they provide a more focused musical experience than songs with words. The child is able to attend to the melodic aspects of the song without being distracted by attempts to process language.
- While this song is lovely sung on syllables or even hummed, your child will also love a version made up only of his or her name repeated again and again.

12. BRAHMS' LULLABY

This gentle waltz melody has been a favorite lullaby for generations.

- Johannes Brahms, a German composer who lived from 1833–1897, wrote hundreds of beautiful songs, choral works, and symphonies. This famous melody, entitled “Wiegenlied,” is more commonly known as “Brahms’ Lullaby.” Brahms wrote it to celebrate the birth of a friend’s son.
- Try humming this song or sing it on syllables such as “ooh” or “la.” If you prefer, you can sing the traditional lyrics to the song. The English translation is: “Lullaby, and good night, with roses bedight / With lilies bespread, is baby’s wee bed / Lay thee down now and rest, may thy slumber be blessed / Lay thee down now and rest, may thy slumber be blessed.”



13. All the Pretty Little Horses

Horses seem magical to children and appear often in their fantasies, dreams, and stories.

- This is an American folk song that apparently has its origins in the slave experience. Most sources agree that in this song, a caretaker is singing to her master's child of all the wonderful things he will have in life, while knowing her own child's life will be far different. Perhaps this subtext adds to the song's haunting quality.
- This soothing song is familiar to children as "hush-a-bye." You might try humming this, or singing it on "doo" or "la." It's nice to come back in and sing the last line, "Hush-a-bye, don't you cry, go to sleep little baby."



14. Russian Folk Song

This song is based on lines written by a six-year-old boy from Moscow. It has become known throughout the world.

- The Russian lyrics of this song tell about a little boy who painted a picture of "a shining sun with blue sky all around" and then added a poem to explain his picture. His poem, originally written in 1928, became the famous chorus of this Soviet Russian song. The Music Together version adds good wishes for daddies, children, and music.
- Sing the name of your child in place of "mommies," and sing about others you hope will always be here—grandparents, friends, and pets. In a lighter vein, you can also sing about all the things your child likes: ice cream, pizza, story books, and teddy bears.



15. Shady Grove

This Appalachian fiddle tune is sweet to sing as a lullaby.

- This traditional American folk tune from the 1800s has been recorded by many people, including Doc Watson and Jerry Garcia. In most versions, “Shady Grove” is the name of the singer’s darlin’; in others, it seems to be the place where the two lovers meet. The Music Together version includes three verses written just for lullaby time.
- You can vary the way you sing this song, sometimes singing all the verses, and other times repeating only one or two of them. It can also be satisfying to sing a favorite verse, then hum it, then sing it again.



16. The Water is Wide

Here’s the Music Together version of a song that generations have loved.

- This is an English (some think Scottish) song from the 1600s, originally known as “O Waly, Waly” (“Oh, Woe Is Me”). The song is a lover’s lament, with the wide water a symbol of the immensity of the singer’s unrequited love. Our version, of course, speaks of a parent’s love—just as immense, but returned in full.
- You might use this song at bathtime. Sail a little boat in the tub, and have it change direction with each phrase of the music. When the bath is over, wrap your child in a towel and cuddle while you hum a verse or two.



17. TOMORROW'S NOW TODAY

Sing this lullaby to your child and wonder together about the cycles of living.

- This song was inspired by Ken Guilmartin's daughter Lauren, way back in her preschool days. She came home one day chanting about what she'd learned in school—that "when we wake up, tomorrow's now today!"
- This can be a charming morning song, as well as a lullaby. Greet your child upon awakening with this song and pick her up on the words "'round and 'round," rocking her and turning gently.



18. MAY ALL CHILDREN

Peaceful minds, peaceful hearts, peace on earth.

- Ken Guilmartin originally wrote this song to celebrate the fortieth anniversary of UNICEF. Families around the world have been touched by its heartfelt wish that children—that everyone—may live in peace.
- A choral arrangement of "May All Children" is available on the Music Together website, where you can also read about the history of this song and see a list of schools, church groups, and choruses that have performed it in different settings around the world.



Visit our website to find a Music Together class near you or to learn about bringing Music Together classes to your community: MUSICTOGETHER.COM

making Music TOgetHER®

"Now we are musical all the time. Making music saturates everything we do."

—Music Together Parent

In the mid-1980s, Music Together founder/director Kenneth K. Guilmar-tin, a composer, wanted to create a way for children to develop music skills as naturally and joyfully as they learn to talk. He worked with music education researcher Lili M. Levinowitz, Ph.D., to develop Music Together, a pioneering music and movement program introduced to the public in 1987. This innovative program is based on the philosophy that all children are musical, that they can achieve basic music competence, that the modeling of

parents and caregivers is essential to the child's music learning, and that this learning is best accomplished in a non-formal, developmentally appropriate setting. The curriculum includes a mix of original songs and traditional tunes from the folk, jazz, and world-music traditions.

Music Together Family Classes

Each class offers a dozen songs and rhythmic rhymes, including finger-plays, small and large movement experiences, and instrument play. By presenting a rich tonal and rhythmic



mix, as well as a range of musical styles from lyrical to blues, folk to boogie, Music Together provides children a wide music experience to stimulate and support their growing music skills and understanding.

The mixed-age setting of the Family Class enables siblings to attend together and also allows children to freely participate at their own level. Adults often happily report that their own music ability has grown—thanks to the guidance of a trained Music Together teacher—in this easy, engaging environment.

Music Together Preschool

This groundbreaking program enhances children's musical growth

and supports preschool teachers in becoming confident music-making role models. The Music Together specialist works with classroom teachers, showing them how to weave music into the school day and make it an integrated part of classroom life and learning.

Music flows into family life, too, through the Music Together recordings and songbooks the children bring home. Parents become involved with their child's music education, and schools report that having a shared repertoire of songs creates a remarkable sense of community among teachers, children, and parents in the Music Together Preschool program.



Recordings and songbooks

Because bringing music-making beyond the classroom and into the home is such an integral part of the Music Together program, home materials have always been provided to families. Every semester, families receive a new recording and an accompanying illustrated songbook, filled with ideas that they can try at home. Music Together's nine song collections are unique in the field, not only for their wide variety of tonalities and meters, but for their outstanding musical arrangements which appeal to grownups and children alike.

Celebrating community

Music has the power to create deep bonds among people—within families, communities, and cultures. The worldwide network of Music Together teachers is dedicated to bringing the joy of family music to neighborhoods everywhere. We hope you and your child enjoy singing and dancing along with these family favorites—and that you keep making music long after the recording ends!

"It's so much fun! I've recommended this class to everybody I know who has a child." —Music Together Parent

Visit [MUSICTOGETHER.COM](https://www.musictogether.com) to see video clips of Music Together classes, read about the research behind the program, find a class near you, purchase instruments, or get our award-winning CD "Music Together Family Favorites."

