

MUSIC TOGETHER®

# Family Favorites®



MUSIC  
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BRINGING HARMONY HOME®

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# Making music with your child

Children delight in music and movement. The years between birth and age six are that wonderful time when they are open to all kinds of music: folk tunes, world music, classical, jazz. These are the years when you—as your child’s primary role model—can influence him the most, through your own pleasure in moving and singing, regardless of your own musical ability.

Have you ever noticed how instinctively children try to imitate older siblings and grownups? Imitation is

an important part of how they learn. It’s amazing when you think about it, but often the best way to teach a young child is to do something yourself. Children learn to talk this way, as well as to walk. If you read books, they’ll want to read. If you sing and dance, they will, too.

## **Playing with your child**

When you first play the CD, you might just clap or bounce along with the beat. See how your child responds, and join in with her way of moving. As you become familiar with



the songs, try out some of the suggestions for musical play provided in this booklet. We've offered ideas for small-movement activities, dance and large movement, instrument play and improvisation, and making up your own words to songs.

You may be surprised and your musical intelligence "tickled" if you open up to the variety of sounds, moods, tempos, and tunes offered

on this recording. Be curious, be adventurous. Jump out of your routine, explore, and reawaken the singer and dancer in you. Your child will be fascinated by your playful response, and you'll get an idea of why families return again and again to Music Together classes. You can read more about Family Classes and the Preschool Program in the back of this book but, for now, turn on the CD and have some fun!

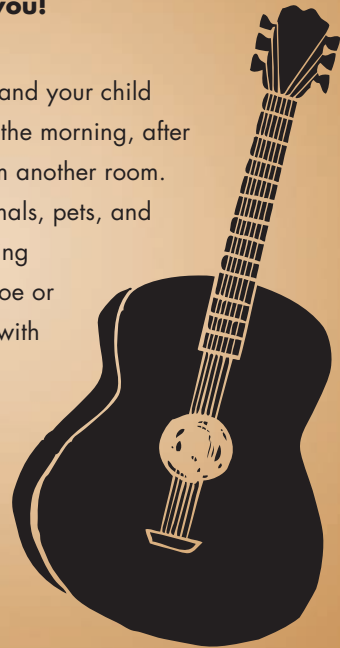


# 1. Hello Song

**Hello everybody, so glad to see you!**

- Children love hearing their name sung, and your child will delight in being greeted by song in the morning, after a nap, or even just when you return from another room. You can also sing "hello" to stuffed animals, pets, and visiting friends and family. If you're feeling silly, try singing "hello" to your left big toe or the lampshade. Children respect adults with a high SQ (silly quotient)!

*The "Hello Song" is sung at the beginning of every Music Together class to welcome each child individually. Being publicly acknowledged and welcomed gives a child strong positive reinforcement.*



## 2. Hey, diddle, diddle

**Snap your fingers and tap your toes to this Music Together version of a famous nursery rhyme.**

- Speak and then sing the rhyme, allowing the words to inspire some movements. You can pretend to play a fiddle, “jump” your hand over an imaginary moon, grin like a laughing dog, and scurry your fingers side-to-side as the dish and spoon run away together. Freeze suddenly on the word “Yeah!”— the fun of the song is in the contrast between its easygoing feel and the momentary freeze.
- Try dancing around, shaking your arms and hips loosely to the beat— then freeze on “Yeah!” Your child might want to try it, too. If you know how to swing dance, teach your child a few steps or just pick him up and let him feel the rhythm as you move.



## 3. Sandpiper

**Run and play like this lively little beach bird.**

- Make up motions for each verse, perhaps running your fingers along the floor like a sandpiper, holding your arms out to “fly,” and resting your head against your hands to sleep. You can get up and move all around the room, too. Have fun with the sound effects on each verse— playing with your voice like this is an excellent way to expand your vocal range.
- This is a great song for bath time. You can make up verses such as, “Jennifer, Jennifer, washing in the tub.” Whether you create verses or just sing them on “la,” try inventing your own silly sound effects between each repetition.



## 4. dee dA dum

**Clap or tap along with this jaunty tune.**

- You can sing this song using made-up words of your own, such as “doodle-doo” or “ba-da-da.” Playing with different phonemes or sounds your child may be exploring is great for language development.
- Get out some rhythm sticks, dowels, or wooden spoons and tap along to the beat. Try finding the smaller beat, too, by tapping twice as fast.
- If you play piano even a little bit, try picking out this song, which uses the black keys starting on D $\flat$ . For the “doot doot” part, play all the notes from the melody at once, then slide to the white keys as necessary.



## 5. Wiggle!

**Get your body moving from your fingers to your toes.**

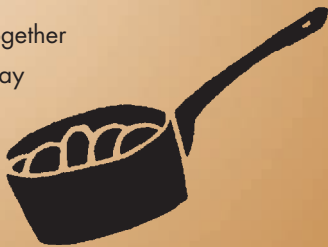
- A good way to play with this song is to use the “right, left, together” approach, which helps develop body awareness. Wiggle your right index finger for the first phrase and its repeat; wiggle the left finger on the third phrase, and wiggle both together for the fourth phrase. Make the movements bigger and bigger, using your hands, arms, feet, and legs, and work your way to a full-body wiggle that would make Elvis proud.
- Another variation is to sing “tickle” or “peek-a, peek-a . . . BOO!” You can also sing the song on any made-up words of your own, such as “doodle,” “ba-ba,” or “na-na.”



## 6. SAYING AND DOING

**Children will love imitating these movements from daily life.**

- Make up movements to go along with this chant: rub your hands together as you “wash” them, stir an imaginary pot of soup, bring a “fork” to your mouth as you eat, etc. Children who love playing house will especially enjoy pretending like this. You can make up verses, too, such as “bouncing a ball...bouncing and bouncing...” or “taking a bath...splish splish splish splash!...”
- At the end of the chant, you’ll hear a Music Together specialty—“silly opera.” Here’s a chance to play with your voice however you wish. Try some wild theatrical gestures, too.



## 7. MERRY-GO-ROUND

**Ride the horse up and down, around and around!**

- As you sing the song, circle your hand like a small carousel turning around and around, raise and lower your arms like the horses gliding up and down, and move your entire torso in a circular motion as you get “dizzy.” You can also get up to walk or spin in a circle around the room, making up movements to go with the song.
- Your child may really enjoy the spinning motion. Until the inner ear is fully developed, young children can spin without getting dizzy. Spinning can actually help them develop a sense of balance.



## 8. don alfredo Baila

**Baila! Dance with every part of your body.**

- You can dance along with Don Alfredo even while sitting down. Move each part of your body on the beat, getting faster and faster along with the recording. You can also “dance” your finger or hand up and down your legs, on your child’s tummy, or along the floor. Then stand up and “baila con el cuerpo”—dance with your whole body!
- The Spanish is easy to follow along with, but if you find it challenging (particularly as it gets faster), you can simply sing “baila baila baila” throughout. Here’s what the Spanish words mean:

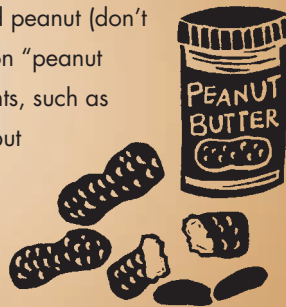
*baila—dance*  
*el dedo—finger*  
*la mano—hand*  
*el brazo—arm*  
*el pecho—torso*



## 9. all around the kitchen

**We’re cookin’ up some fun in the kitchen—come play along!**

- Use movements to mime the words in the chant: stir a pot of potatoes, flip a pancake, and wiggle a bowl of jelly. Pull your arm down to blow “toot!” as the train bears down on the doomed peanut (don’t worry, he’s a cartoon), and rub your tummy on “peanut butter!” Try making up your own kitchen chants, such as “Cookies, cookies, sure taste great / Please put some more of them on my plate.”



- There are “instruments” hidden all around the kitchen—non-breakable plastic bowls, lids, wooden spoons, whisks, spatulas, pie plates, and plastic soda bottles. Create a kitchen band and play your instruments in between each chanted verse. Your child will love a family jam session!



## 10. STICK dAnCe

**Click your sticks to this song, or dance to its lilting melody.**

- As you sing, try different ways of tapping rhythm sticks, dowels, or wooden spoons. Tap them against each other or tap them on the floor, keeping to the beat of the song. (Hint: On each phrase of the song, tap the downbeat in the space just before the vocal.)
- This song has an interesting rhythm which is fun for dancing. To feel its beat, try swaying on the first “la-la-la” of each phrase, then stepping or clapping on the fourth and fifth “la-la.” Try a hula-style dance, moving your hips and arms rhythmically—or just dance in any way the music makes you feel.



## 11. RhythMs AND RhyMeS

**Enjoy the jazzy beat of this Music Together rhyme.**

- Clap your hands and tap or stomp your feet on every chorus. Then use simple gestures to mime the activities in the verses—walking, driving, eating, and tippy-toeing around.
- Have fun making up some rhythmic sayings of your own. Try telling a story or describing a favorite activity:

*Emma rides around on her bike, bike, bike / She likes to do it every day!*

Although your lines don't need to rhyme, it's easier to make a rhyme than you might think:

*We all went to the zoo, zoo, zoo / We saw some monkeys and an elephant, too!*



## 12. This Train

### All aboard!

- Try moving around the room like railroad cars as you sing this song. Pump your arms like pistons and make train sounds like “ch-ch-ch-ch” or the “chugga-chugga-choo-choo” heard on the recording.
- Shakers are a great accompaniment to train songs. Make your own by filling plastic containers with dried beans,\* or go to our website for a selection of egg shakers and maracas.



**\*Caution:** Make sure to seal homemade shakers securely with tape or non-toxic glue and check them regularly for signs of wear. As with all instrument play, supervise children closely for safety.

## 13. There's A Little Wheel A-Turnin'

### It's often said that music comes from the heart.

- Rock your child as you sing this song, enjoying its beautiful simplicity. If you wish, you can spin your hands around each other on “a-turning” and then touch your heart.
- Sing about holding your child or about the love you feel together:  
*There's a little child a-rockin' in my arms . . .*  
*There's a lot of love for Jamie in my heart . . .*
- Try singing along to the ending, with either another adult or an older child. One person sings the melody on “doo” while the other sings “in my heart.”



## 14. foolin' around

### Get your instrument and play along!

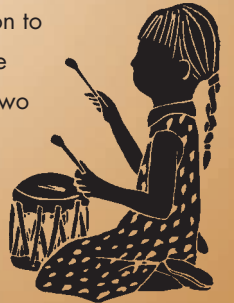
- A high point of Music Together class is the jam session, or “play-along.” Everyone chooses an instrument and plays it however they wish: an infant may mouth a maraca, a toddler might wear a tambourine on his head, and an adult might free her inner rock star playing the drum. This open experimentation is an important part of the way children learn. Try pulling out an old instrument at home, or use pots and pans to play along. You can also visit the Music Together website for a selection of quality child-friendly instruments.
- Notice the stop and start sections at the end of the play-along. If you follow the changes, your child might, too. However, many children (or grownups!) might happily use the silence to take a solo.



## 15. Hey Yá nA

### Dance to the heartbeat of the drum.

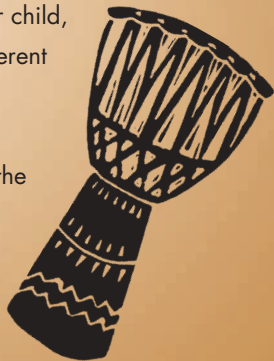
- Drum to the strong-weak pulse of this song with real or pretend drums. Experiment with hand-drumming—you can use both hands together, alternate hands, or drum with your fingertips. Try drumming the basic beat, then finding the smaller, faster beat. You can also tap: on your lap, on your child’s back, on the floor, on the coffee table—anything can be a drum!
- Native American dancing emphasizes the connection to the earth and focuses mainly on the movement of the feet. Try bending slightly at the waist and stepping two times with each foot: STRONG-soft, STRONG-soft. You can also try stepping toe-heel to the beat.



## 16. Singin' Every Day

**This easygoing Music Together song is based on a South African melody.**

- Use the call-and-response style of the recording to sing back and forth with your child or another adult. Sing together on “hey-la-la-lay.”
- For the “hey-la-la-lay” section, choose whichever notes—medium, high, or higher—feel most comfortable for you. If you have a lower voice, try the “ee-yo” bass line. With another adult or an older child, you can create instant harmony by choosing different lines to sing.
- For an easy dance, simply step side-to-side with the beat: STEP-step-step, STEP-step-step. Your child might imitate you—or create her own dance!



## 17. Mr. Rabbit

**This lively song will get your child hopping. Why not hop along?**

- Create “Mr. Rabbit” by holding up two fingers of one hand. Bounce your hand to the beat as you sing to Mr. Rabbit, and then have your rabbit hand flex its “ears” as Mr. Rabbit sings back. With another adult or an older child, you can sing the song call-and-response style, with one person being the farmer and the other being the naughty rabbit.
- Your child will love becoming a rabbit herself and hopping around the room to this song. Show her how to put on her “rabbit ears” by holding her hands up to her head, or how to fashion a “tail” with her hands behind her.



## 18. Sleepyhead

**Snuggle in your bed, sleepyhead.**

- There's nothing quite like a lullaby to bring even the busiest day to a quiet close. Children find bedtime rituals comforting, and a song can be especially soothing. Don't worry about how well you can sing—your child will love the sound just because it's you, and you'll both appreciate the special closeness a lullaby can bring.
- This song is easy to personalize with your child's name as you sing him to sleep: "David, David, sleep, sleepyhead..." Children never tire of hearing their own name in a song.



## 19. Goodbye, so long, farewell

**We'll see you soon again, my friends!**

- This lilting waltz is sung at the end of every Music Together class, with each child getting his own special "goodbye." It really means "til next time," and between classes families can listen to the recordings they receive each semester, look at the accompanying songbook, and make music together at home—or anywhere! Our wish, always, is to inspire family music-making extending beyond the classroom into daily life.
- We hope you've enjoyed this chance to celebrate a little Music Together with your own family—keep singin' and dancin'!



Visit our website to find a Music Together class near you or to learn about bringing Music Together classes to your community: [MUSICTOGETHER.COM](http://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. Guilmartin, 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.

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 been provided from the very beginning. Every semester, families receive a 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*

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Visit [MUSICTOGETHER.COM](http://MUSICTOGETHER.COM) to see video clips of Music Together classes, read about the research behind the program, find a class near you, and purchase instruments, CDs, and songbooks.

