

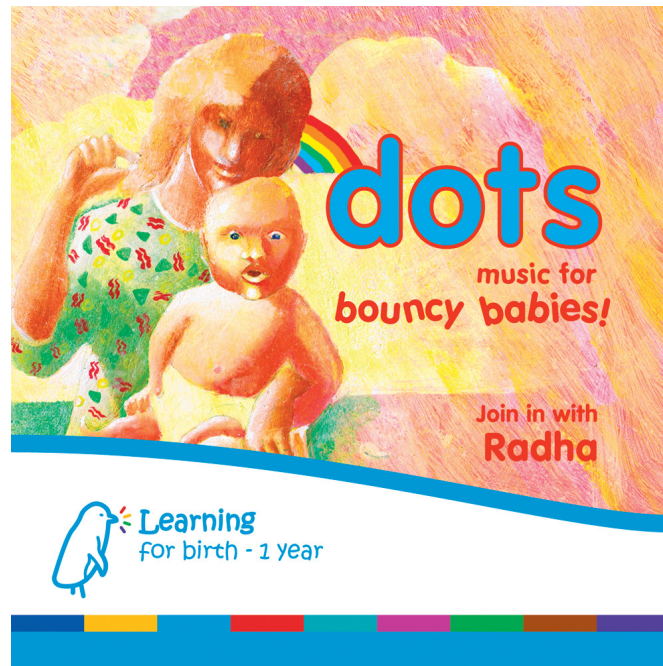


Activity: Learning  
Related Activity: Singing & Fun



# Dots

## Music for Bouncing Babies



## Activity Notes

**Singing & Fun Activity Notes for Dots – Music for Bouncy Babies.**

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**Activity:** Learning  
**Related Activity:** Singing & Fun



## Babies Need Babies' Music

As adults we are used to choosing music for ourselves; suiting our taste, our emotions and our level of maturity. That music is not necessarily best for babies. Though babies respond to all kinds of music, they respond most enthusiastically to music that's at *their* level, just like we do. So choosing music for babies and young children is more about them than about us.

### — Simplicity

Babies and young children learn through the senses, focusing intently on one thing at a time. Therefore your baby will immediately respond with full attention to clear, relatively isolated sounds, basic rhythms and very simple musical arrangements.

### — Steady Rhythm

Baby's first musical experience was the rhythm of mother's heartbeat in the womb. So your baby is born with a steady sense of rhythm. Bouncing baby to a steady, relaxed beat or playing a simple beat on one instrument is enough to stimulate and satisfy baby, linking him or her to familiar memories of being in the womb.

### — Voice

Most important for baby is the sound of mother's voice and father's voice. People naturally speak clearly to babies so they can tune in to us. Music that also has this quality will receive baby's dedicated attention.

## Body Contact

Cuddles, loving touch and 'baby' activities like bouncing and rocking, develop your baby's brainstem, which is the foundation of all learning. So loving touch is the *first essential* for human growth. Luckily touch is instinctive in parents, so affectionately bouncing and jiggling baby during waking hours and rocking him or her to sleep is a natural thing to do. Enjoy gently massaging baby too!

It is also natural to sing or to speak in simple, rhyming patterns and phrases as we handle our babies. This develops the midbrain. Simple songs and movements have satisfied babies since the dawn of human civilisation. In contrast, complex, high-tech musical arrangements are relatively new to the human race. While it is good for baby to be gradually exposed to many styles of music, they need simplicity for a start. A parallel is introducing baby to food; we begin with the basics, one at a time. *Dots* does just this, with Radha introducing each song & activity to get you started. These notes expand on the CD introductions, giving more detail so you can make the most of this classic album.

On our website you will find:  
\* More *Learning* activity resources  
\* Our full Activity Range  
\* Free *Activity Notes* for many albums  
\* Sound-clips \* Articles of interest  
\* Links to Music Download sites  
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**For your reference, this book has 14 pages.**

**Singing & Fun Activity Notes for *Dots* – Music for Bouncy Babies.**

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## Do-it Together

*Dots* is a complete 'do-it-together' music session. However it usually works best to first try a song, or even only a verse at a time, in various settings with baby. Do the actions and interact only as long as your baby is interested. Babies have a very short attention span, so adjust to baby's needs at the time.

For those using *Dots* in your baby music classes, we recommend you first play the recording through and read these activity notes through. This way you can gather any props, etc, before you begin: prepared and confident. When class time arrives simply cue your tracks of choice and follow the instructions.

## The Test of Time

*Dots*, by Radha, is the first album of original music for babies & toddlers in New Zealand. It was first released on cassette in the 1980's. Still much in demand, *Dots* and its companion albums have stood the test of time to become classics in Early Childhood centres, community music groups and homes across New Zealand. Many key features of Radha's method, (such as the use of body contact, props, adult/child interaction, using the circle (the nest), and developing self esteem), have since been adopted into many mainstream music education programmes.

The series originally consisted of *Dots* (0-1 year), *Jigglers* (1-2 yrs), *Tots* (2-3 years), *Growin' Ups* (3-4 years), *Musicool* (4-5 years), and *School Kids* (5-6 years). When CDs usurped cassettes, the six tapes were combined on three CDs – *Jigglers & Jigglers*, *Tots & Growin' Ups* and *Musicool & School Kids*. UCA continued to receive requests for the original format, and re-released *Dots*, *Jigglers*, *Tots* and *Growin' Ups* (the most popular four of the albums), in their previous contexts, but fresh new content has been added to *Dots* and to *Jigglers* take these classics into the 21<sup>st</sup> century.

### Track 1

#### Baby Greetings



#### **Activity Notes**

Hello! Kia Ora! With babies being new to this world, greetings are prominent in their lives. Use your own language, speaking in a colourful manner; a musical tone of voice is a musical experience for baby. What greetings are your children familiar with? What languages would you like them to become familiar with? There couldn't be a better time to introduce them ...

Babies *love* to hear other babies 'talking'. Watch your baby's delight lifting up and turning towards the source of sound. We open *Dots* with warm greetings from friendly adults and other babies in your own child's age group. This sets the tone for all the activities to come, which are all aligned to baby's stage of development.



**Activity:** Learning  
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## Track 2

### Bouncy Baby

by Radha Sahar

- Verse 1* Bouncy baby go up and down x3  
Up and down, up and down  
Bouncy, bouncy baby!
- Verse 2* Exercise baby – kick, kick x3  
Kick, kick, kick, kick  
Bouncy, bouncy baby!
- Verse 3* What's it going to be – smile or frown? x3  
Smile or frown, smile or frown?  
Bouncy, bouncy baby!
- Verse 4* Bouncy baby got smelly pants x3  
Smelly pants, smelly pants  
Bouncy, bouncy baby!
- Verse 5* Bouncy baby go up and down x3  
Up and down, kick, kick  
Smile or frown – now don't be sick!  
Bouncy, bouncy baby!

#### Activity Notes

Bounce baby up and down on your knee in this energetic body-contact song. Alternatively, encourage baby when he or she moves or responds in any way with the music; show your enthusiasm and approval.

The humour in many of Radha's baby songs is designed to appeal to adults. This is because the adult's mood is as much part of baby's learning as any other component in the music: if the music has appeal and charm for caregivers, baby will catch on, enjoying the music more and learning more through the experience.



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**Activity:** Learning  
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## Track 3



### Bounce Rock & Hug

*by Radha Sahar*

- Verse 1* Bounce baby bounce, rock baby rock, hug baby hug  
That's what makes you smile!  
What do we do when there's wind in your tummy?  
Bounce, rock and hug – all better!
- Verse 2* Bounce baby bounce, rock baby rock, hug baby hug  
That's what makes you smile!  
What do we do when we lose your dummy?  
Bounce, rock and hug – all better!
- Verse 3* Bounce baby bounce, rock baby rock, hug baby hug  
That's what makes you smile!  
What do we do when dinner's not ready?  
Bounce, rock and hug – all better! – for a while ...
- Verse 4* Bounce baby bounce, rock baby rock, hug baby hug  
That's what makes you smile!  
What do we do when your tooth is coming through?  
Bounce, rock and hug – all better!
- Verse 5* Bounce baby bounce, rock baby rock, hug baby hug  
That's what makes you smile!  
What do we do when you feel scared?  
Bounce, rock and hug – all better!
- Verse 6* Bounce baby bounce, rock baby rock, hug baby hug  
That's what makes you smile!  
What do we do when it's time to go to sleep?  
Bounce, rock and hug – ahhhhhh!

#### Activity Notes

Follow the actions, bouncing, rocking then hugging baby as you sing. As with all the songs on the *Dots* album, let baby also respond to the music in his or her own way; this often happens at play time when you put the album on for baby whilst you are engaged in an activity nearby.

This song works well at baby music class. Baby sits on their care-giver's knee, each absorbed in the other as they sing and move together. Babies are not particularly social, but music-group activities can be a godsend for parents who need adult company. As caregivers interact during class, or chat before and afterwards, babies will often enjoy watching other babies - when nothing else is grabbing their attention.



**Activity:** Learning  
**Related Activity:** Singing & Fun



## Track 4

### Kicking Off

by Radha Sahar

- Verse 1* Baby's legs are kicking, x3  
Blankets rough? Kick them off!
- Verse 2* Baby's arms are waving, x3  
Blankets rough? Kick them off!  
Feel the air – look who's here!
- Verse 3* Baby's rolling over, x3  
Blankets rough? Kick them off!  
Feel the air – look who's here!  
That's very clever – well I never!
- Verse 4* Baby's talking babble, x3  
Blankets rough? Kick them off!  
Feel the air – look who's here!  
That's very clever – well I never!  
Googily goo – how do you do?
- Verse 5* Baby wants a-rocking, x3  
Blankets rough? Kick them off!  
Feel the air – look who's here!  
That's very clever – well I never!  
Googily goo – how do you do?  
Very sweet – now go to sleep!

### Activity Notes

Sing this charming little song at 'exercise' time, while baby lies free of nappies/diapers, and his or her legs are joyfully kicking in the air. Or at other times, lie baby down on its back, gently grasping each foot, and wriggle those feet alternately back and forwards in fun. This may stimulate baby to kick, and if not, the activity will give baby the chance to associate the words in the song with its own body. Similar gentle stimulation could be given with each verse, moving baby's arms, helping baby roll a little, tickling the mouth, rocking etc.

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Activity: Learning  
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## Track 5



### Piggy Back

by Radha Sahar

Verse 1 Piggy back, piggy back, have a ride on mummy's back  
Way up high near the sky, jiggy little piggy back

Verse 2 Piggy back, piggy back, have a ride on daddy's back ... etc

Verse 3 Nana's back ....

Verse 4 Grandpa's back

#### Activity Notes

Enjoy this chant while walking baby in the back-pack. When baby is too big for a back pack, or you are in a music group situation with toddlers, try going down on hands & knees and giving your toddler a ride on your back.

If you use a front pack or you're carrying baby on your hip etc, try chanting the following alternative verse. It also works well in a baby music group, each caregiver carrying a baby as they move around the room.

Piggy jigging up and down, Piggy-jigging into town  
I'll get fit - puff and stride. You just sit - enjoy the ride!

Chanting is excellent for babies, since the rhythm of the words is stressed. Melody is great too, though it sometimes distracts us from the rhythm. Since babies respond strongly to rhythm, chanting gives adults who can't sing in tune confidence that we can offer something of musical value to children.



### Crawly, Crawly

by Radha Sahar

Verse 1 Crawly, crawly little finger  
Crawly, crawly little thumb  
Here I come little bunny  
Here I come to tickle your tummy!

#### Activity Notes

A delightful little chant to voice at any time. Babies love the element of a surprise they can sense is imminent. They also love to be gently tickled. *Crawly Crawly* follows the next song, *E Ngaoki – Crawl*, on the album.



**Activity:** Learning  
**Related Activity:** Singing & Fun



## Track 6



### E Ngoaki - Crawl

*by Radha Sahar*

- Verse 1** E ngaoki little hokey pokey  
E ngaoki little sugar plum  
Crawl to your aunty, crawl to your mum  
Don't fall flat on your fat little tum  
E ngaoki!
- Verse 2** E ngaoki little hokey pokey  
E ngaoki little sugar plum  
Crawl to your uncle, crawl to your dad  
Show 'em you're strong from all the practice you've had  
E ngaoki!
- Verse 3** E ngaoki little hokey pokey  
E ngaoki little sugar plum  
Crawl to your Nana, crawl to your Papa  
Then it is time to have your supper  
E ngaoki!
- Verse 4** E ngaoki little hokey pokey  
E ngaoki little sugar plum  
Crawl to your sister, crawl to your brother  
You're my favourite – there's no other!  
E ngaoki!
- Verse 5** E ngaoki little hokey pokey  
E ngaoki little sugar plum  
Crawl to your neighbour, crawl to your friend  
Arms that walk and knees that bend  
E ngaoki!

### Activity Notes

Crawling is an important developmental stage for babies. It links to later learning in reading. Some babies appear to not want to crawl, going straight to walking instead. It is good in this case to play crawling games with your child at baby or toddler stage. Such game-playing makes crawling more appealing to the child, who benefits through the muscular activity. Babies also love it when caregivers come down to their level for activities on the floor.

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**Activity:** Learning  
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## Track 7



### Rererangi Aeroplane

by Radha Sahar

*Verse 1* Rererangi, aeroplane – baby come fly with me  
Bouncy, bouncy take off in our aeroplane  
Rererangi – wheeeeeee!  
Now take a rest in a special little bed  
Air hostess comes and pats your head  
Steward warms the bottle and tickles your chin  
Now open your mouth and put the bottle in!

*Verse 2* Rererangi, aeroplane – baby come fly with me  
Bouncy, bouncy take off in our aeroplane  
Rererangi – wheeeeeee!  
Pilot welcomes you to the flight  
I'll do up your seat belt nice and tight  
Babies are a hit if they don't make a din  
So open your mouth and put a dummy in!

*Repeat verse one*

#### Activity Notes

Play the classic 'aeroplane' game of holding baby out in front of you and carefully tossing your little 'aeroplane' into the air, crying 'Wheeeee'. Later you might enjoy to do actions such as rocking, tickling the chin, etc. There are several ways to enjoy this imaginative song as an aeroplane game when baby is older, such as holding your toddler by one foot and one arm and twirling around in the air. Try just one verse at first or maybe even just the first few lines until 'wheee'.

The lyrics re bottle feeding are in respect of language the public feel comfortable with in a recorded song. At UCA we whole-heartedly support breastfeeding and recommend you sing the first verse as you are about to breast feed, adapting the words to suit. Similarly our reference to 'dummies,' (pacifiers), does not reflect a rigid belief in or against their use. Rather, the song humorously celebrates the many ways people enjoy parenting.



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**Activity:** Learning  
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## Track 8



### Here are the Bells

*by Radha Sahar*

*Verse 1* Here are the bells (tinkle, tinkle, tinkle) x3  
And this is how they sound ...

*Verse 2* Here is the drum (boom, boom, boom) x3  
And this is how it sounds ...

*Verse 3* Here's the maraca (shake, shake, shake) x3  
And this is how it sounds ...

*Verse 4* Here is the woodblock (toc, tac, toc) x3  
And this is how it sounds ...

*Verse 5* Here are my hands (clap, clap, clap) x3  
And this is how they sound! ...

#### Activity Notes

This is the ideal song to introduce baby to musical instruments, one at a time. Make up your own verses for other instruments you have, singing about that instrument and holding it near enough for baby to see what it looks like. Wait a while before baby grabs it as it will go straight into the mouth! (On this note, if you are in a baby music class, have a few disinfectant-type cloths handy so anything that has been sucked or chewed can be wiped in-between mouths!)

Though babies may not speak or sing, they are busy associating the various sounds, tastes, images, feel and smell of each different instrument with that instrument, learning through the senses. This is foundation learning. All later learning is built upon it. So enjoy feeling confident that such a simple process as singing about one thing at a time is of immense value to your baby.

Remember that your own body is your first instrument: hand clapping, mouth noises and body percussion – you can't beat it! The famous American musician, Bobby McFerrin, based a whole album on just his own voice and body percussion. It was good enough to enthuse a world audience of adults. So your own voice will certainly enthuse baby! Give baby plenty of time to explore each instrument with all the senses – touch, hearing, taste, sight and smell. Did you know that early sensory learning is so important that, for instance, babies have taste buds everywhere in their mouths? We lose those taste buds, and by the time we are adults our bodies have only retained those on our tongues. So tasting those instruments is every bit as important for baby as hearing or touching them. Touching, listening, tasting, seeing and smelling– there is baby's first lesson in playing an instrument!



**Activity:** Learning  
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## Track 9

### Round & Round the Garden

*Traditional*

**Chant** Round and round the garden walked the teddy bear  
One step. Two step and a tickly under there!

#### **Activity Notes**

This baby game has been a favourite for many years, in many countries. Draw an imaginary circle with your finger on the palm of your baby's hand. Walk your fingers round, then up to the armpit ... and tickle! Try baby's other hand, and maybe the feet.

## Track 10

### Googily Goo

*Radha Sahar*

**Chant** Googily goo, googily goo – that's how babies talk to you  
Googily gaa, googily gaa – woops – here comes a wah, wah, wah!

#### **Activity Notes**

This affectionate little verse celebrates loving communication between adult and baby. The humour is aimed at the adult and the activity at the baby. Chant while tickling baby's chest. At baby music class, sit in a circle, babies on knees, and either gently bounce, or tickle, as you chant together.



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**Activity:** Learning  
**Related Activity:** Singing & Fun



## Track 11



### Dribble, Dribble, Dribble

*Radha Sahar*

**Chant** Dribble, dribble, dribble – that's what babies do  
Dribble, dribble, dribble – until their teeth are through

Dribble, dribble, dribble – that's what babies do  
Dribble, dribble, dribble – all over you!

#### **Activity Notes**

An ideal verse to chant while baby is teething. Lightly tickle baby's bottom lip. Or if baby is teething, rub your finger gently along the ridge of baby's gum to offer relief. This chant is best spoken spontaneously, when the situation is right.

## Track 12



### Twinkle Twinkle

*Traditional*

- Verse 1** Twinkle, twinkle little star. How I wonder what you are  
Up above the world so high, like a diamond in the sky  
Twinkle, twinkle little star. How I wonder what you are
- Verse 2** When the traveller in the dark, thanks you for your tiny spark  
He would not know where to go, if you did not twinkle so  
Twinkle, twinkle little star. How I wonder what you are
- Verse 3** In the dark blue sky you keep. Often through my curtains peep  
For you never shut your eye, 'til the sun is in the sky  
Twinkle, twinkle little star. How I wonder what you are

#### **Activity Notes**

We added two further traditional verses to the well known one. Though the human voice is perfect as an instrument, you may like to play this simple melody on a recorder, keyboard, piano or xylophone. When other children are present, a shiny, glitter 'fairy-wand' star is attractive to pass around, catching baby's gaze.

Hang decorative, shiny stars above baby's cot, or a crystal in the window, or stick luminous stars onto the wall or ceiling to add to the magic feeling.



**Activity:** Learning  
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## Track 13



### What Little Fingers

*Radha Sahar*

- Verse 1* What little fingers, what little toes! What little eyes, what a little nose  
What little hands and a mouth that goes (*Mmmm - kissing sound*)
- Verse 2* Rub these fingers, and rub these toes! Rub these eyes, and rub that nose  
Rub these hands and a mouth that goes (*Mmmm -kissing sound*)
- Verse 3* Kiss these fingers, and kiss these toes! Kiss these eyes, and kiss that nose  
Kiss these hands and a mouth that goes (*Mmmm - kissing sound*)

#### **Activity Notes**

Follow the actions as spelled out in this little love song, which also makes a beautiful lullaby.

## Track 14



### Rock-a-Bye Baby

*Traditional*

- Verse 1* Rock-a-bye baby on the tree top.  
When the wind blows, the cradle will rock  
When the bough breaks the cradle will fall.  
Down will come baby, cradle and all.

#### **Activity Notes**

Sing in the traditional way or use your baby's name, e.g. "Rock-a-bye Ruby on the tree top" ... This is a favourite lullaby, despite some parent's discomfort with the idea that baby falls down. However, a good way around that is to treat the 'fall' as symbolic of falling asleep.

Babies usually respond best to being rocked quickly back and forth in your arms, rather than at the slower, more romantic pace adults would choose. So tune into your baby, finding the speed and strength of rocking he or she favours.

For baby music classes, especially where toddlers are around, you can play a fun game with this song with one of those wooden cradles which rock side to side on the floor. Each child has a turn climbing into the cradle while the song is sung. As each child has a turn this leads to lots of repetition which is excellent for early learning.



**Activity:** Learning  
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## Track 15

### Arohanui

Radha Sahar

**Verse** Aroha, arohanui. When a baby smiles, out comes the sun  
Aroha, arohanui. Love to all, love to everyone.

#### Activity Notes

Aroha is the word for love in the Maori language, and arohanui indicates lots of it! Rock baby while singing, or use this song, and the following massage section, to help settle baby into sleep.

Should you need extra support in getting baby or yourself to sleep, try the recording *Sleep to the Ocean's Heartbeat* from Universal Children's Audio. You will find it in the *Rest & Relaxation* section of the website. It features only the pure sound of mother's heartbeat at 60 beats per minute, together with ocean waves. Babies respond to uninterrupted rhythm, connecting baby to the memory of mother's heartbeat in the womb. The ocean waves simulate the high frequency sound of the blood rushing through mother's body.

## Track 16

### Baby Massage

Radha Sahar

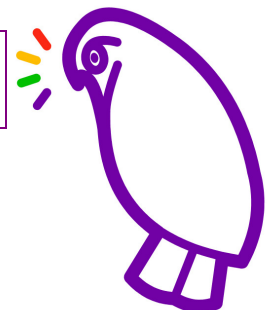
#### Activity Notes

Sit in a warm room with a thick towel between your outstretched legs. Lie baby comfortably on his or her back on the towel. Caress gently for newborns and as baby grows older, gradually work up to a firm, gentle rub. Start using slightly warmed oil. Massage baby's arms one at a time, from the wrist to the shoulder. Use a gentle twisting action with both hands. Do baby's hands and fingers too. Next, massage baby's legs and feet. Again, rub gently towards the heart. Finally, turn baby over to rest the tummy over your thigh. Massage baby's back, down the sides of the spine, baby's bottom, and down the back of the legs.

For a longer session, try the *Rest Time* album, which has un-interrupted sound so you can ease into deep relaxation.

Borrow a book on baby massage from the library, to inform you and grow your confidence.

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