



Sing and Move Together

Add actions to a nursery rhyme and sing as you play.

Helps Your Child Grow



Emergent Literacy

Singing a familiar song slowly with simple actions helps your child notice, understand, and repeat recurring words and phrases.



Memory

Repeating the same words and actions gives your child practice remembering a familiar pattern and joining in at the right moment.

Steps

- Singing songs with repeated words helps your child grow familiar with the words, understand them, imitate them, and eventually join in.
- Choose a simple song with repetition, such as “Twinkle, Twinkle, Little Star.” Pair repeated words with an easy action - for example, open and close your hands as you sing “twinkle, twinkle.” This helps your child connect the sound with the movement.
- Watch how your child responds. They may sway, clap, or try to say a repeated word such as “twinkle.”
- When they join in, make your singing and movements more expressive so it feels like you are performing together.
- After the song, ask whether they want to sing it again. If they do, adjust your pace so they can follow along.
- For more variety, add simple instruments such as rattles, shakers, or a small drum. Invite your child to play on the repeated words.

Tips

- Looking toward you, making a sound, or saying “again” or a word from the song can show that your child wants to continue.
- Once the melody is familiar, vary the pace and voice: faster, slower, quieter, or louder.
- If a full song is too much to remember, repeat just two or three lines so the words can become familiar.

Observations

- ☐ Makes a sound or movement after hearing a familiar repeated phrase
- ☐ Remembers a movement used during an earlier singing game