



Act Out a Nursery Rhyme

Use changing voices and actions to help your baby stay with a nursery rhyme.

Helps Your Child Grow



Cognitive Self-Regulation (Executive Functioning)

Changes in sound and movement renew your baby's interest in the song and help them stay engaged for another part of the rhyme.

Steps

- Singing an action rhyme is a playful way to help your baby stay engaged from beginning to end.
- Choose a song with a clear story or repeated actions, such as The Itsy Bitsy Spider or If You're Happy and You Know It.
- Match each part with a distinct gesture. For The Itsy Bitsy Spider, move your fingers like a spider climbing up the waterspout. Adjust your pace, voice, and expression as you notice your baby's response.
- Your baby may track your hands with their eyes, move excitedly, or try to copy a gesture. Keep the actions easy to see and carry the song through to the end.
- If your baby looks away, make the next movement or sound a little more noticeable. You might let the "spider" crawl gently along their arm or guide their hand through one action, then continue the song.

Tips

- When your baby stays focused on your changing movements and voice through a whole song, they are practicing #ATL-CSR.
- Getting distracted does not mean the activity has failed. Keep singing and acting out the story; a new movement or sound can help draw your baby back in.

Observations

- ☐ Watches and listens through the rhyme and may try to copy one of your movements
- ☐ Smiles and laughs while singing nursery rhymes with you