

Little Voices for Healthy Choices

Lullabye

Experience

The leader begins by talking about the meaning of a lullabye.

Using a doll, the leader will sing the lullabye (first verse only).

To close, the leader can talk about the definition and developmental and cultural purposes of the lullabye.

Go To Sleep Lullabye

Go to sleep my little baby,
Go to sleep your mother is here,
Go to sleep my little baby,
Close your eyes and have no fear.

Go to sleep my little baby,
Go to sleep your mother is here,
Go to sleep my little baby,
Close your eyes your mother is here.

En Español (Spanish lyrics)

Duermete pequeño niño,
Duermete mamá está aquí,
Duermete pequeño niño,
Cierra tus ojos, no tengas miedo

Possible Modifications

- Caretakers can cut out pictures of parents and babies and discuss them.
- Read stories and make up other lullabyes.

Materials

Dolls representing different cultures.

Impact

This experience is designed to foster quiet time with an infant or young child.

Song on Little Voices for Healthy Choices CD: Track 2 (English), Track 3 (Español/Spanish)

