

**Kindermusik®**  
a good beginning never ends

*tune in*

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Kindermusik is the community of families and teachers worldwide who share a passion for nurturing the total development of your children through innovative music and movement programs. Experts agree, Kindermusik is the single best choice for your child!

December 2003

#### IN THIS ISSUE:

**A Few of Your  
Child's Favorite  
Things**



*Tune In* is a monthly e-newsletter for families who want to know more about the Kindermusik experience.

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WITH A FRIEND!

#### Featured Items:



**A gift for all seasons**  
This fall in Kindermusik, your child improved her ability to think, reason, create, and express. The gift of becoming a better learner lasts for a lifetime. Re-enroll your child today. Ask your educator for details. Not currently enrolled? [Find a class.](#)

Dear Parent,

"Raindrops on roses and whiskers on kittens," so the song goes.

It's a familiar soundtrack for the holidays, a time for stringing together special memories and making new ones, doing a few of your favorite things. Reunite. Start new traditions. Revive old ones.

So in this holiday edition of *Tune In*, we put together some of your favorite activities from previous issues, and we added a few special holiday twists. Put on some cocoa, some warm fuzzy socks on those teeny-tiny toes, and enjoy.

Happy holidays.

#### Favorite Kindermusik Activities

- [Your Baby](#)—newborn to 1 ½ years
- [Your Toddler](#)—1 ½ to 3 years
- [Your Preschooler](#)—3 to 5 years
- [Your Young Child](#)—5 to 7 years

**Your Baby**—newborn to 1 ½ years  
**"Hammock" Me**

Ask any parent in Kindermusik about their favorite activity and "Hammocking" is a likely response. This simple idea was born five years ago in a test classroom where Kindermusik educators wanted to create a group activity that was similar to rocking in a rocking chair.

Gentle rocking is vital in the first 15 months of life, which center on the development of the vestibular system. This works like a ship's captain in your baby's mind, helping to "steer" her body, develop balance and coordination. Add the emotional bonding that takes place between a rocking parent and child pair, and "Hammocking" nurtures several skills at once.

#### A Few of Our Favorite Songs

"Oscar Hammerstein once put it quite simply: he said, 'There is really only one element that a musical must have. It must have music. And there is only one thing that it has to be. It has to be good.'" —*Richard Rodgers, foreword to The Best of Broadway: Eighty Great Songs of the American Music Theatre.*

Good music isn't only necessary for musicals. Early and ongoing exposure to a variety of sounds and rhythm are critical to your child's intellectual development. Varied exposure leads to language proficiency, spatial reasoning, and temporal reasoning. It also increases understanding of moods and emotions.

Some of your favorite songs previous issues of *Tune In* promote these crucial skills in your child's overall development. Listen and enjoy.

1. [High and Low Dance](#)
2. [I Saw A Little Rabbit](#)
3. [Run and Jump/Soaring](#)
4. [Star Light, Star Bright](#)
5. [Soaring](#)
6. [Gavotte in G](#)
7. [Bread and Coffee](#)
8. [Duck Dance Play Along](#)
9. [Tambura Meetidava](#)
10. [Rurru](#)



### Penguin's Christmas Gift story and CD

Fourteen holiday standards in fresh, child-like arrangements, including jingle-whiz Wade Denning's whimsical take on "Santa Claus is Coming to Town." The CD case doubles as a sturdy board book, featuring a tiny penguin and the ordinary objects he uses to create an extraordinary holiday story. [Only \\$14.95.](#)

### Side to Side Hammock Ride:

- Find a lap blanket or throw. Something small and sturdy, so baby feels safe. If you have a full-sized blanket, fold the blanket in half.
- Lay the blanket on the ground.
- Place baby in the middle of the blanket.
- One parent stands at the "foot," end, and the other parent or partner, stands at the baby's "head" end.
- Gently, with one hand at each corner, lift the blanket and baby just two or three inches above the ground and begin to rock him side to side.
- Watch your baby closely. Most babies enjoy hammocking. Some children, however, may not be in the mood for it. You can always try it again later.
- Finally, sing to your baby as you rock him or play some holiday music.



Click [here](#) for music clip: "What Child Is This?" on *Penguin's Christmas Gift* CD, which is good for quiet hammock or rocking times.

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### Your Toddler—1½ to 3 years Pint-sized Airplane, Car, or Truck

Traveling for the holidays—in a train or plane—can be a new experience for toddlers. You can help her to prepare by talking about planes, checking out books from the library, and doing this simple activity.



Toddlers are naturally fascinated with transportation. You can use this interest to help her learn more words and improve coordination. Combining the vehicle with the movement word and actually doing the movement—a speedy train, soaring plane, or bumpy truck—helps your toddler better understand language at an explosive verbal period. Between the ages of 18 months and 4 years, children comprehend, on average, one new word for every hour they're awake.

### "We're going for a plane ride."

1. Stretch your arms out like "wings" and crouch down low.
2. Speak the "Take-Off" verse of "Run and Jump," moving accordingly.
3. After flying around a bit, bring your plane in for a landing with the second verse.
4. Repeat several times, then insert the song "Soaring" between "Take-Off" and "Landing." As you sing, fly about as before.

5. In lieu of the whole body jet, you can adapt this activity and fly a "hand airplane," with thumb and pinky extended as wings.

### Run and Jump

by Susan James

#### Verse 1: Take-Off    Verse 2: Landing

I crouch down low.	Time to land now,
My wings are ready.	Down I come.
Moving slowly—	Lower, slower,
Steady, steady.	All done.

Faster, faster,  
Running by,  
I run and jump  
Into the sky!

Click [here](#) for music clip: "Soaring"

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### Your Preschooler—3 to 5 years Make Your Own Holiday Story

You may have noticed your preschooler has become fascinated with books. This symbolic stage of learning enables your child to display this understanding through art, drawing, print, and storytelling. A scribbling comes to represent an emotion. A letter represents his name. Curvy lines combined with circles and squares may represent a map.

#### Create a book about your family's holiday traditions

Tell your family's holiday story. Engage your child's silliness, starting with a theme and "real" words and then making up new, nonsense words that are related or rhyming. Write down all of your child's words and rhymes in your silly wordbook. Add art as desired.



- Let your child's imagination—and your questions—guide the content of a book. What are your favorite holiday traditions? What's the silliest holiday tradition you can think of?
- Collate and string together holiday greeting cards from friends and families. Let your child put the pages in order. Use a three-hole punch and string together the pages.
- Consider cutting pictures from the holidays cards or magazines to illustrate your own story.
- If you draw your own pictures, use card stock or cardboard.
- Consider laminating the pages before binding them in your chosen fashion—with ribbon or large plastic rings.

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### Your Young Child—5 to 7 years Balancing Change and Routines

Your young child is probably adapting more easily to changes in her routine. This is the developmental stage when she will begin initiating some of her own routines and rituals with friends. She also will demonstrate in many ways a sense of belonging to your family and community. Traditions are becoming important generation bridges from past to present to future.



#### A New Holiday Ritual:

Holiday lights and leaves

A walking routine can be a treasured daily activity—especially when neighbors have decorated their homes with holiday lights and colors. If you don't live in the city, nature has a holiday decoration all its own. Taking walks are full of spontaneous opportunities for discovery about our outside world. Introduce a new ritual this holiday of

singing a song about the things you see, only over the holidays.

- Sing to the tune, "May There Always Be Sunshine," or make up your own melody.
- Take turns with your child completing the sentence "*May there always be...*," naming things you enjoy seeing as you walk together.

Click [here](#) for music clip: "May There Always Be Sunshine"

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