

## **Babytime Intro**

- Welcome to Babytime, I'm Naomi.
- Family washrooms...
- Is anyone here for the first time?
- Program outline: let's start with some heavy lifting songs, then we'll play a name game, then a book, then we'll do some tickle rhymes, another book, some quiet soothing songs and finish with a few announcements.
- So, the next hour is **your** time to relax with your baby & tune out the world. In fact, this group is really whatever you want/need it to be, so I've left some Babytime request forms for you to take home and if there's anything you would like to talk about or read up on or try with your baby, write it down and I will look into it.
- Let's start with your child facing you, so that baby can watch your face while you sing. Feel free to let your baby crawl around. I don't believe in forcing children to sit still, in fact I believe they listen better when they are roaming around.
- I usually google icebreakers before we meet on Thursdays, but today I thought instead of googling another icebreaker, we could just go around the room and say your name and one thing that went well this week, or one thing that was a challenge this week...I'll go first...
- We used to think that reading was a set of isolated skills children learned when they started kindergarten, but now we know that learning to read is a fluid process that begins at birth. Almost every activity that you do with infants can be considered a literacy activity. Each new activity and experience encourages brain connections that children will potentially use throughout their lifetime.
- If you want to borrow any of the books or cd's we used today, You can find the link [@readwithnaomi](#) or [www.fvrl.ca](#) (change the search from keyword to User and search [readwithnaomi](#))
- Bluetooth speaker and tablet/phone for streaming [playlists](#) on Naxos.
- Grab & Go bags with sign language resources/early development/ etc.

- 1) Create a welcoming mood, a retreat from the chaos of the day. Play calming music in the room to help the parents make an easy transition.
- 2) Help parents feel comfortable with their surroundings. This means acquainting them with the setting (where buggies go, where the bathroom is, etc.)
- 3) Use humor to put students at ease. Laugh often, especially at yourself, for making mistakes.
- 4) Proactively introduce yourself to new students.
- 5) Have everyone introduce themselves at the beginning of every class. If time does not permit, have them introduce themselves to one person next to them.

### **I like to say:**

"Let's really challenge ourselves in a radical way...  
Why not make only a 50 percent effort,  
Or if you're really tired, only 30 percent effort?  
We cannot all give 110 percent every day.

### Discussion topics:

- Healing power of an apology
- Muscular development
- What I'm reading right now
- It is important for our children to see us make mistakes and laugh about it....that reminds me of a workshop I attended once about the language we teach our children...

## **Babytime Social**

**11:00 – 11:30 am**

**Didn't quite make it to Babytime?**

**It's all good, because babies and caregivers are invited to relax and mingle in the program room after Babytime ends.**

## **Hippie Dippy Babytime**

**Fostering self-care and mindfulness**

- After hours party (invite guest speakers)
- Program outline at the beginning of each session so parents can plan when to feed/change, etc.
- 5 senses: Sight, Hearing, Touch, Laughter and Love
- I like to think that the concept of consent to touch begins at birth
- Babytime resource list on Bibliocommons to hand out