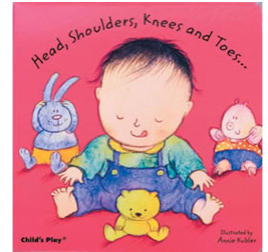




# Mengle Memorial Library

presents:

## Head, Shoulders, Knees and Toes



Head, Shoulders, Knees and Toes is a book, a song and a movement activity all in one.

The first three years of your baby's life are the most important when it comes to brain development. A child's IQ can fluctuate 20 to 30 points based on the types of experiences the child has during this time. Repetition, Routine and positive Reinforcement are the most important things your child needs for optimal brain development. (*Bright from the Start*)

**Reading** together remains the single most effective way to help children become proficient readers. Even newborns should be read to. He won't understand your words, but hearing your voice stimulates an interest in sounds and helps him develop listening skills. Reading together is a great opportunity for cuddling and bonding. By developing a regular reading routine, books will become a regular, fun part of your child's day.

Reading to your baby introduces her to the concepts of stories, numbers, letters, colors, and shapes, and gives her information about the world around her. It also builds memory and vocabulary skills. By the time she's one year old, your baby has already learned all the sounds she needs to speak her native language. The more words she hears, the better she'll be able to talk.

**Songs** help children develop listening skills and pay attention to the rhythms and rhymes of spoken language. Most songs have a different note for each syllable. This helps children breakdown words so they hear individual sounds in a word. This is an important pre-reading skill.

Singing also helps children learn new words and adds to their general knowledge. Singing slows down language so children can hear different parts of words and notice how they are alike and different. Clapping along to rhythms helps children hear the syllables in words, and it helps them practice motor skills.

The **Movement Activity** is the actions you perform that go along with songs or rhymes. As your baby gets older he will enjoy participating in the movement activity with you. Movement activities help your child's memory and language skills. It, also, aids in the development of hand-eye coordination and gross motor skills. Movement activities help stimulate your child's brain development by providing practice for the brain's responsiveness to repetitive, rhythmic input. (*Bright from the Start*)



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This project has been partially funded with federal Library Services and Technology Act (LSTA) funds from the Institute of Museum and Library Services, administered by the Office of Commonwealth Libraries.

# Ways to use Head, Shoulders, Knees and Toes

- ❖ Read it straight through.
- ❖ Sing the book (The tune is on the back. If you cannot read music there are lots of videos of librarians on Youtube singing this song.). Remember, it does not matter if you cannot sing; your baby will enjoy hearing your voice because he loves you!
- ❖ When your baby is about 6 months old she will be able to do some of the basic movements that go with this book. Until then, you can do the activity when your child is in her car seat or swing.
- ❖ Look through the book with your baby and talk to him about the pictures. Describe the clothes the babies in the book are wearing, count the toys in the book, make the noises of the animals on the pages, and point out the colors. Infants can only see in black and white for the first few months, wait until your child is about 6 months old before talking about colors. Your baby will begin to see in bright colors around 4 months, but by 6 months he will be able to see all colors.
- ❖ Before reading the book count out how many fingers your baby has (and toes!). Give your baby a good tickle when you get to ten.
- ❖ Point out body parts on the baby. Talk about eyes, nose, and mouth. Don't forget the different parts like wrist and ankle!

## **Other great books for your baby!** (List compiled by the American Library Association)

### **Black and white books**

What Does Baby See? by Begin Smart Books  
Black & White by Tana Hoban  
What is That? by Tana Hoban  
Look at the Animals! by Peter Linenthal  
I Kissed the Baby! by Mary Murphy

### **Touch and feel**

Animals Talk by Emily Bolam  
Colors by Emily Bolam  
Counting by Emily Bolam  
Bathtime (Touch and Feel) by DK Publishing  
Pat the Bunny by Dorothy Kunhardt  
That's not My Puppy by Fiona Watt

### **Books with bright colors**

My Car by Byron Barton.  
Where is Maisy? by Lucy Cousins  
Look at Baby's House by Peter Linenthal  
Quiet Loud by Leslie Patricelli  
The Okay Book by Todd Parr

### **Stories to share**

A Splendid Friend, Indeed by Suzanna Bloom  
Barnyard Banter by Denise Fleming  
Tip Tip Dig Dig by Emma Garcia  
A Good Day by Kevin Henkes  
Guess How Much I Love You? by Sam McBratney  
Clip-Clop by Nicola Smee  
Whose Chick Are You? by Nancy Tafuri  
Wee Little Lamb by Lauren Thompson  
Owl Babies by Martin Waddell  
Read to Your Bunny by Rosemary Wells  
I Went Walking by Sue Williams



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