



Baby Warm Up



Developmental Overview - Socio-Emotional Development

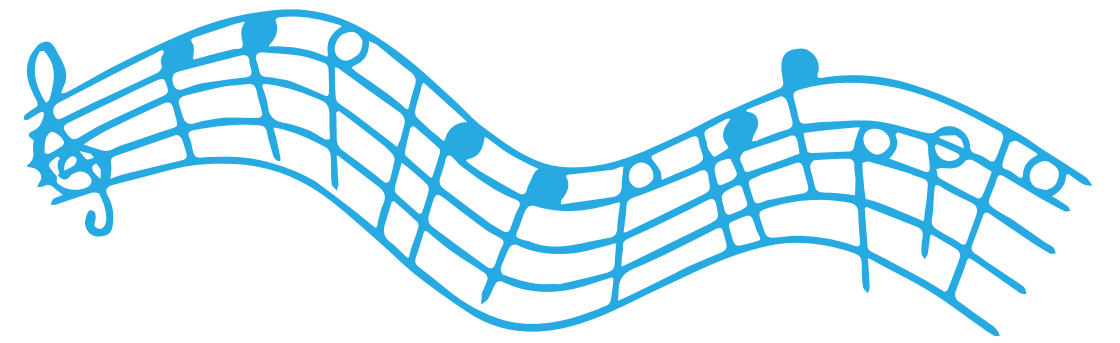
The Happy Song!

We are going to get moving and help your baby **warm up** his/her muscles and engage with music and his/her body.

Find an **upbeat song that your baby likes**. The sounds in the song can help to increase your baby's level of interest and positive responses.

You will need:

Comfortable clothes
Something to play music with
(phone, speaker)



An upbeat and fun song that your baby likes and responds well to and one that you can dance to together

Method:

1. Choose a time when your child is calm and alert
2. Play the music and watch how your child responds to the sounds
3. Play the music again and make up your own actions to accompany the music and lyrics
4. Pay attention to how your child is responding - be careful not to overwhelm your baby when you move him or her to the music



✓ Activity Tip:

We suggest you try **The Happy Song** by Imogen Heap.

Search on YouTube or follow this Link

<https://www.youtube.com/watch?v=9PhtxqKLvVc>



nanny 'n me
growing together