

baby sing

the guide

The Salvation
Army United
Kingdom and
Ireland Territory



Family
Ministries | Music and
Creative Arts

Welcome to Baby Song!



Baby Song offers an exciting opportunity for local Salvation Army expressions to connect with parents, carers and their little ones through music and movement.

Developed by The Salvation Army in Scandinavia in the 1990s, Baby Song has been used and adapted in other places all around the world. The UKI Family Ministries and Music and Creative Arts teams have updated Baby Song with new songs and videos to make the programme more accessible and easier to run.





Baby Song is rooted in research that suggests a baby can hear external sounds from the womb, particularly their mother's voice and music.

As a newborn, the baby can remember these sounds and associate them with feelings of security. Baby Song uses this knowledge to facilitate parents and carers in bonding with their little ones through songs and music. Baby Song offers the local corps the opportunity to build meaningful relationships with families, supporting them at a tender time of life and introducing them to the good news of Jesus.

This guide is designed to cover everything you will need to begin and successfully run a Baby Song programme. It sits alongside the required Baby Song training course facilitated by Family Ministries with Music and Creative Arts colleagues.

Please visit: salvationist.org.uk/baby-song or email familyministries@salvationarmy.org.uk to access the training.

Aim

The aim of Baby Song is to help care for the physical, emotional, social and spiritual wellbeing of both babies and their carers.

Baby Song supports the development of listening skills, physical coordination and concentration both in babies and for everyone who comes. And all this happens while sharing the message of God's love for each of us.



What is Baby Song?



About Baby Song

Baby Song can be delivered as an 8-10 week course or used as an ongoing group session with newborn babies, pre-walkers and toddlers. Each session includes time for singing and moving to music, getting to know one another and refreshments.

Each element is especially designed to create a safe and nurturing space. For example, the 'Welcome Song' introduces each child and parent/carer by name and highlights that everyone is important, has value and belongs. Although Baby Song is designed around music, it doesn't require leaders to be talented musicians - you will find all the resources you will need including backing tracks, videos and song words at: salvationist.org.uk/resources/baby-song.

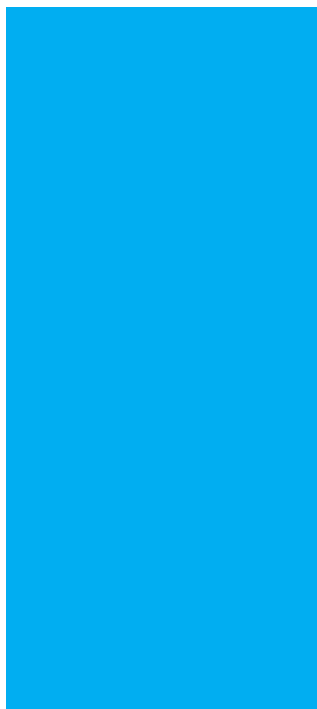
Baby Song offers the opportunity to teach a range of songs to new parents and carers that they can then enjoy with their little ones at home. The music includes welcome and goodbye songs, lullabies and action/instrument songs.

Baby Song planning

‘Baby Song is probably one of our highlights of the week!’

- Parent

Begin by sharing your thoughts and ideas with your local leaders and pray together. Also take some time to find out what is already happening for young families in your local community.



Contact local midwives / health visitors / early years settings and find out if Baby Song could add something unique to the local offer of family programmes. If Baby Song seems like the right next step, attend a Baby Song training session. You will be able to find more details on the webpage: salvationist.org.uk/resources/baby-song.

You will also need to think about how Salvation Army safeguarding, data protection and safe mission policies will apply to your group, decide where and when to deliver the programme, whether you will charge to attend and what registration process you will use. If you need help with this, ask your local leader or contact the Family Ministries team for advice at familyministries@salvationarmy.org.uk.

Before starting a Baby Song group, you will need:

Venue

A safe and welcoming venue - large enough to accommodate the size of group you decide on and preferably with storage, space for buggies and prams and facilities for making and serving refreshments.



Team

- ☒ A group leader - this will need to be someone confident in leading songs. You don't have to be a Grade 8 musician to run Baby Song! This resource provides everything you will need to run a group: backing tracks, videos and song words. It is more important that you have a heart for worshipping God and supporting families.
- ☐ A host - someone who can support the leader and create a warm, safe and inviting group environment. The host needs to be available to take part in the sessions, be on hand to help a parent with more than one child (if required) and share in supportive conversation with those attending.
- ☐ A team member - any other team that you feel you may need - for example in preparing and serving refreshments, set up and pack down.





Equipment

- ☐ Floor mats - to help define the floor space
- ☐ Percussion instruments suitable for babies to use, eg shakers, bells, tambourines, drums etc
- ☐ Light floaty scarves

Optional:

- ☐ Parachute or sheet
- ☐ Puppets
- ☐ Sensory toys, which you can put in baskets
- ☐ High chairs
- ☐ If you choose to use the videos / backing tracks, you will need the technology to play the songs



Promoting Baby Song

As this course is community based, it is important for Baby Song to be advertised widely in appropriate local spaces, for example a library or GP surgery. You may also be able to advertise on Salvation Army social media pages and newsletters. Where possible, personal invitations can be more effective in encouraging participation. Promotional material is available to download and personalise at: salvationist.org.uk/resources/baby-song

- ☐ Leaflets
- ☐ Posters
- ☐ Social media post templates



Engaging your corps / local Salvation Army expression

The support and engagement of the local Salvation Army expression is vital in encouraging the effectiveness of Baby Song. It's important for the worshipping community to understand that Baby Song is a unique opportunity to connect and journey with families.

Encourage everyone to be involved by sharing information and updates about Baby Song with the

leadership team as part of the corps Mission Plan and also with the whole congregation. Communicate how individuals can be involved with Baby Song through volunteering and prayer support.





Top tips to consider

Let it flow

You don't need to introduce new songs or feel like you need to stop after each song. Allow the songs to flow into one another - sometimes it may feel appropriate to repeat or cut some songs short.

Group size

Think about the size of the group you want to develop - consider the team, resources and space available. A smaller group of up to 12 parents/carers may provide an opportunity to build deeper relationships, while bigger groups may attract groups of existing parent friends.

Bonding

Baby Song enables parents/carers to connect deeply with their little ones and to promote positive development and wellbeing. Emphasise the importance of eye contact and encourage parents to stay connected to their baby throughout the session.

Allow time and space for relationships to grow

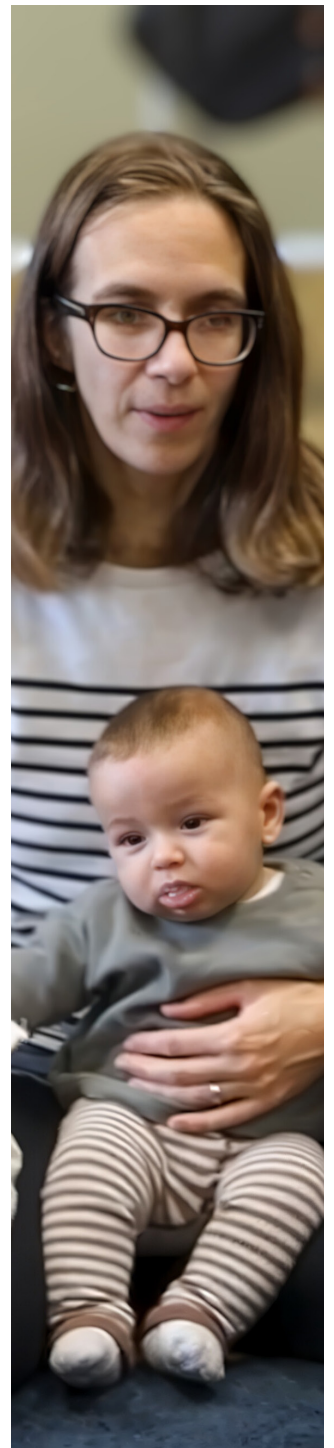
The programme also provides an opportunity for parents to connect with each other and with the Baby Song team too. Make sure your time together allows for these relationships to form.

Baby Song structure

Baby Song is flexible and can be used in different contexts. Think carefully about how you plan to use Baby Song. It could be a standalone course of 8-12 sessions, or you could use elements of Baby Song within an existing baby/toddler group. Deciding on how you want to run the course will determine how you plan to organise the sessions.

Use a variety of tones when you speak/sing

To be most effective when leading a Baby Song programme, change how you use your voice throughout the sessions. There may be times when it's appropriate to whisper, shout or sing rather than speak.



During a Baby Song session

Sample session: take and adapt this however you choose

15 minutes

Arrival, welcome, registration
with a simple activity for toddlers

5 minutes

Tidy activities away: maybe
play a tidy up song*

30 minutes

Baby Song: singing, dancing,
actions, instruments*

30 minutes

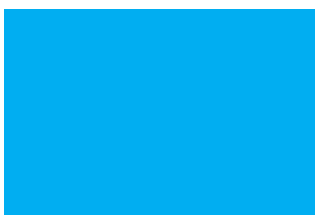
Refreshments and toddler activities available

10 minutes

Notices and goodbyes



***Suggested song
content at the
back of this guide**



After Baby Song

After the course is over, take some time to reflect on the successes and challenges of the running of the course.

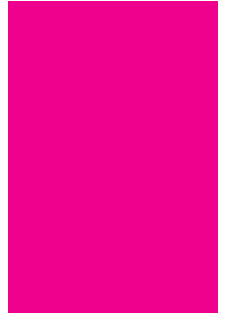
You may choose to use the space on the following pages to write a few comments, so that if you run the course again, you can remember how it went.



‘Baby Song is just wonderful! It’s a relaxed way of singing with babies, toddlers and their parents/carers. We have the opportunity of interacting, supporting and sharing the love of Jesus through songs and actions.’

- Jill Grinsted, Community Mission Facilitator, Raynes Park

What aspects of Baby Song did you find the most beneficial or engaging?



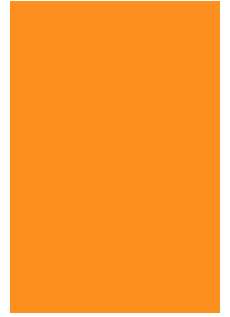
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Are there any parts of Baby Song that exceeded your expectations?



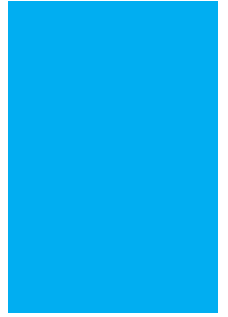
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What challenges or difficulties did you encounter whilst running Baby Song?



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**Do you have any suggestions
for improving Baby Song
next time it is run?**



A large, empty rectangular box with a thin blue border, intended for writing suggestions.

Song library

1. Welcome songs

- 'Welcome One and All'
- 'Welcome, Everybody'
- 'Name Song (Hi, Babies, Hi, Parents)'

2. Rhymes and finger play songs

- 'Incy Wincy Spider'
- 'Round and Round the Garden'
- 'This Little Piggy'
- 'Roly Poly, Roly Poly Up, Up, Up!'
- Finger Play Songs for Kids: https://open.spotify.com/album/7C6zgluDB1blhV1OIGNANOW?si=5hLoYU14THe4ZzA_l0KdVg

3. Action, movement and instrument songs

- 'Baby Samba'
- 'I Lift You Up High'
- 'Boom Chicka Boom!'
- 'Thank You, God'
- 'We can Praise God at Baby Song'
- 'It's Time to Play with the Instruments'
- 'Instruments are Such Fun to Play'
- 'It's Time to Tidy the Instruments'

4. Other Christian songs

- 'I Love that God Loves Me', Dance Fit Tots 1
- 'Praise Train', Dance Fit Tots 1
- 'I Can Wriggle': <https://www.youtube.com/watch?v=IA045hFAI5Y>
- 'I am Wonderfully Made': <https://youtu.be/7603oH33Ghs>
- 'The Lion's Roar': https://www.youtube.com/watch?v=Dzk42FtUR_g
- 'I Might be Small': <https://www.youtube.com/watch?v=QCAoiVCDIqo&list=RDQCAoiVCDIqo>
- Praise Baby Collection: <https://open.spotify.com/playlist/5bpQwZjp5hAEV0DqVDkMGy?si=13ryGM-tSeeoTE2rNsUznQ>

5. Other traditional songs and nursery rhymes

- 'The Wheels on the Bus'
- 'Row, Row, Row your Boat'
- 'Wind the Bobbin Up'
- 'Heads, Shoulders, Knees and Toes'
- 'Dingle Dangle Scarecrow'
- 'Sleeping Bunnies'
- UK Baby Songs Playlist: https://open.spotify.com/playlist/2wLEhz3Xjfl3nzhY7L25WL?si=5YWYKhAtQz6RxMJKW_9vbw

6. Songs of faith and lullabies

- 'You Need to Know'
- 'Be Sure God is Here'
- 'Rest in Your Care'
- 'The Benediction'

7. Other faith songs

- 'I Am Never Alone', Dance Fit Tots 3
- 'God is There', Dance Fit Tots 2
- 'In my Quiet Times', Dance Fit Tots 1
- 'What a Wonderful World', Louis Armstrong: https://youtu.be/rBrd_3VMC3c
- 'Wonderful Lord', Doug Horley: <https://youtu.be/vxoggZ2ueJ0>
- I Love You, Doug Horley: <https://youtu.be/DeR7mHZOPao>
- Parenting For Faith Calm Babies and Toddlers Playlist: <https://open.spotify.com/playlist/1CNLPJHSRZ36TdDV6iR00A?si=VVGpcmXcTpS796QY91CebQ>

8. Home time songs

- 'Goodbye, Everybody'
- 'Bye Babies, Bye Parents, Bye Everybody'

‘Baby Song brings me great joy, and my experience has been that even those mums who don’t declare a faith find comfort and can relate to the love God has for us as they hold their baby close. Those who would never set foot into church can come and feel loved, and who knows where/when those seeds will flower.’

- Captain Jacqueline Coates, Corps Officer, Dunstable



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