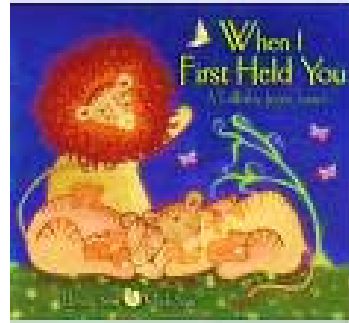


## Lullaby Books & Music

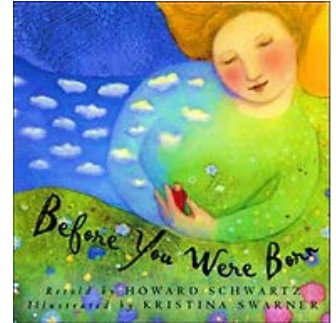
### When I First Held You

By Mirik Snir



### Before You Were Born

Retold by Howard Schwartz



### Sunrise, Sunset

By Sheldon Harnick



#### Program Focus

Age group:	Babies and their parents
Time frame:	45 minutes
Central value:	Expressing unconditional love, passing rituals/Jewish life from generation to generation ( <i>L'dor v'dor</i> )

#### Synopsis

In *When I First Held You*, the unique and immediate connections between parents and newborns come to life in a sweet Israeli lullaby. In *Before You Were Born*, the angel Lailah explains mysteries of the world that surface each time a baby is born. From the musical *Fiddler on the Roof* comes an illustrated version of the much-loved song about the passage of time in *Sunrise, Sunset*.

#### Goals

- Bring the values above to life
- Send families home with knowledge and tools to continue to live these values as a part of daily life
- Help form a pattern for our lives, providing comfort
- Provide words to the universal story of the gift of our children
- Foster relationships and build community between the moms/dads in attendance

#### Submitted by

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# Plan in advance

## Prepare the Location

### Materials

- Sign in sheets
- PJ sign-up forms for new families
- Name tags & black permanent markers
- Song sheets/parent handouts
- Any take home handouts for parents – websites; articles

## Prepare Wall Document Activity

### Materials

- Pre-printed copies of the three quotes on high quality paper, such as parchment or linen (enough so that everyone has a choice, see attached)
- Washable ink stamp pads large enough to fit a baby's hand and foot
- Unscented disposable wipes (to clean little hands and feet)
- Fine point markers or gel pens for personalization
- Jewish music CDs, such as Oy Baby 1 & 2 to play quietly in the background as moms and dads work
- Manila folders so that moms/dads can take their finished work home without getting bent in their diaper bags!



## Prepare Dancing and Singing Activity

### Materials

- A recording of the song *Sunrise, Sunset* and your comfort in singing without a recording

# Introduce with a discussion

## Introduce the Story

Welcome all participants and invite them to introduce themselves and to share a bit about their family (where they live, how old their baby is, etc.). Let them know you understand that babies do not always stay calm and quiet. They should feel free to move, get up and walk, get down on the floor with their little one, change/feed them, etc. Ask parents if they have sought advice since their baby was born, and if so, where have they found valuable advice and what have they learned. Share that the most valuable advice can come in parent to parent conversations, if that is not mentioned.

Let them know that today the group will have a chance to discuss and seek advice from each other about snuggling, napping, bedtimes, and much more. First you'd like to share one (or two) Jewish stories that are perfect for bedtime reading as well as some Jewish lullabies. "Reading and singing are such natural parts of our days and nights with little ones; bringing Jewish books and songs into these times will go a long way to making Judaism a seamless part of the rhythm of your baby's daily life.

# Read the story

Invite parents to gather their little ones in their laps; siblings are welcome to join in the snuggling as you read. Share the story, using a calm, quiet, soothing tone and pacing. (Practice the story a few times before this session to ensure you get the “rhythm” right.) Following the reading, let your last words “hang” as you, and hopefully others, take a calm “ahhhh” breath and snuggle the little ones a bit tighter.

## Encourage Participation

If you read *When I First Held You*, ask moms and dads to share some of the images that came to their minds when they first held their new child, as they continue to snuggle them now.

If you read *Before You Were Born*, share with the group that this is the retelling of a midrash from Jewish tradition. Explain that a midrash is a story that scholars developed to fill-in what seems to be missing from the narratives of our tradition. Ask moms and dads if they have any special stories or messages from the Jewish tradition or their own lives that they hope to pass on to their children.

Listen to hear if any of the families include adopted babies. The book *Before You Were Born* may be difficult for these families who were not with their child at the moment of birth, so you might not choose to read it in the group.

# Follow Up activities and resources

## Make a Special Wall Document

### Introduction

*Today, I want to give you the opportunity to make something that you can use as part of a bedtime ritual you begin with your baby. Sometimes, I know that I cannot find the words to express all that I am feeling; perhaps that happens to you as well. In those moments and perhaps every night as you put your child to sleep, these words will help share what you cannot quite express. Come join me at the table.*

As moms and dads move to the table, play Kobi’s Lullaby in the background (the song can be found on *OyBaby 2* and Rick Recht’s *Free to Be the Jew in Me; What Feels So Right; Shabbat Alive*).

### Directions

1. Share the three quotes with the group and allow each one to pick the one that they want to hang over their child’s bed.
2. Invite them to use the gel pens or fine markers to personalize as they wish (baby’s name, date of birth; today’s date and a message from parents; words that come from their memories of the feelings and images moms/dads had as they first held their baby).
3. Let moms/dads know they can use the inkpads to add their baby’s hand and/or foot prints (and the wipes to clean them off)!
4. Provide each mom/dad with a manila folder to hold their finished work
5. Invite them to send you pictures once they have framed and hung their work.
6. As parents are working, move informally around. Prompt conversations by asking what secret have they found for bedtime or another moment of the day they struggled with. What “secret” are they still seeking – anyone have an idea.



## A Story for Dancing and Singing

### Introduction

*I don't know about you, but many times I watch my children I can't help but see them when they were younger and imagine what might be in their future. Then I'd listen to another parent whose child is doing something mine wasn't and I'd begin to question myself and wonder if I was making the right choices or if my child was doing ok. Has that ever happened to you? And it will continue to – as you hear a mom or dad talking about a program their child is enrolled in or the sport their child will soon begin. I can only share with you what I came to learn – I needed to trust myself. I needed to remember all I wanted my child to enjoy, which included the pleasure of free time to read, to dream, to play, and to be creative. I also needed to listen to my children; to know what they really wanted to do, but to also hold some limits on how much they could do... and still have time for them and for me to enjoy life and for us to share in traditions, values, and stories important to us.*

Let them know that traditions and stories must not always be read; they can be danced and sung. They probably already learned that gentle movement can calm a cranky little one. The soothing voice of mom or dad singing adds to the calming event.

### Directions

1. If you have time and the babies aren't too restless, consider sitting and reading the story first so that moms and dads can see the beautiful illustrations.
2. If not, then invite moms and dads to dance with their little ones as they just absorb and enjoy the moment and imagine the joys yet to come.
3. Play or sing Sunrise; Sunset and, as you also dance around the room, show the beautiful illustrations to the families.
4. As you did with the first story, be sure to allow for a silent pause at the end of the story/song.

## Shalom Chaverim

Shalom Chaverim, Shalom Chaverim  
Shalom, shalom  
L'hit-ra-ot, L'hit-ra-ot  
Shalom, Shalom.

Goodbye my friends, Goodbye my friends,  
Goodbye, goodbye  
We'll meet again soon, We'll meet again soon,  
Goodbye, Shalom.



# Resources for parents, teachers, families

## **Nurturing the Family**

Before families leave, let parents know of upcoming events (in the Jewish community, future PJ events, etc.) and that you will be sending them some links to articles where they might be able to find more Jewish music for little ones. Remind them to send you photos of the artwork they just finished!

If the group wishes, consider compiling contact information for those who attended, especially if they are first time parents. Find an article or two to share from one of the websites below and having heard some specific areas of concerns, consider adding some resources to your next e-blast. In addition, consider adding information about local mom's groups, library "lapsitter" storytimes, Tot Shabbats, etc.

Ways of Establishing Bedtime Rituals

[PJ Library Blog](#)

[Creative Bedtime Rituals: Ending the Day with a Jewish Connection](#)

<http://www.ujc.org/page.aspx?id=1073>

[Jewish Routines for Children](#)

[http://www.myjewishlearning.com/life/Relationships/Parents\\_and\\_Children/Routines\\_for\\_Children.shtml](http://www.myjewishlearning.com/life/Relationships/Parents_and_Children/Routines_for_Children.shtml)

[Kids Music](#)

<http://urjbooksandmusic.com/home.php?cat=340>

[Bedtime Rituals Bring Sweet Dreams](#)

<http://parenting.ivillage.com/tp/tpsleeper/0,,6r7r,00.html>

*Before I close my eyes at night and sleep;  
Before I drift off to my dreams;  
I give thanks for the blessings in my life;  
For the people who care for me.*

*Thank You G-d for my family;  
Thank You G-d for my friends;  
Thank You G-d for the earth and the sea;  
Thank You G-d for the trees and the air I  
breathe;  
Thank You G-d for me.*

*Words from the lyrics of Kobi's Lullaby by Rick Recht*

*With every child,  
The world begins  
anew.*

*From the Talmud*

The day you came into  
our lives is the day  
God decided that the  
world could not exist  
without you.

Adapted from Rabbi Nachman of Breslow