

SING.PLAY.LOVE.

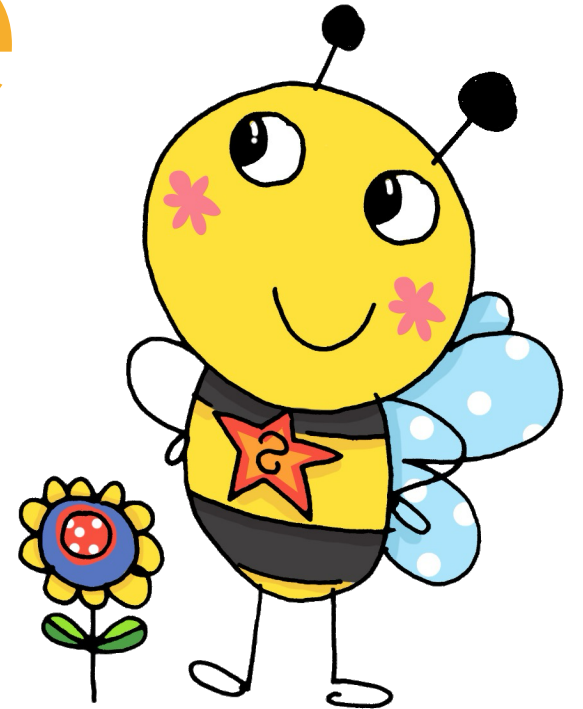
SUPPORTING EARLY
LANGUAGE AND PARENT-
CHILD RELATIONSHIPS WITH
MUSIC AND PLAY

Anne Meeker Watson, PhD, MT-BC



F.U.N.

Full of Unusual Nonsense





**Anne's Webinar
requirement:**

**Always wear
comfortable pants.**

Anne Watson

Music Therapist

Music Teacher

Early Childhood Consultant

Author & Song Writer

Bread Baker

Amazing Dancer

Boy Mom

Book Reader







“I want all young children to love learning.”

-Dr. Anne Meeker Watson



Play

Books

Songs

Face-to-Face Interactions



sing.play.love.

Utilize songs linked to skills, plus:

- picture books
- play activities
- music videos
- other strategies and supports



Hello, Toes

Hello, **toes!**

How do you do?

We're just fine,
and we're dancing, too!

Ah-doo-doo-doo.

Ah-doo-doo-doo,

Ah-doo-do-dee-doo
doo-dee-doo-doo-doo!

***Knees, belly, fingers, body**

-Mary Gresock



Make a song your own.



- *Manipulate the tempo or style to suit your liking*
- *Personalize the song to fit your family or preferences*

Greeting Ritual

Hello, Carl!
How do you do?
He's just fine and
he's dancing, too!
Ah-doo-doo-doo...





just 10 minutes

Teach Songs Linked to Skills

*Music can change the
world because it can
change people.*

-Bono





Teach less stuff
more better.

Start with CONNECTION



A man with a beard and short brown hair, wearing a dark blue t-shirt, is lying on a patterned blanket. He is looking down at a white smartphone in his hands. A young child with light brown hair, wearing a green sleeveless shirt, is sitting next to him, looking towards the phone. The background is a blurred indoor setting with warm lighting.

Distracted Parenting

www.vimeo.com/singplaylove/cellphone

Blue Valley Parents as Teachers

THE CELL PHONE EXPERIMENT

Consequences of Distracted Parenting

Produced by the **Parents as Teachers Program**

Of the Blue Valley School District

Overland Park, Kansas

Michelle Kelly, Director

www.bluevalleyk12.org



Parents as Teachers®

Affiliate

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Life is an escalator.

**MissAmyMissAmyMissAmyMissAmy
MissAmyMissAmyMissAmyMissAmy
MissAmyMissAmyMissAmyMissAmy
MissAmyMissAmyMissAmyMissAmy
MissAmyMissAmyMissAmyMissAmy**



Joint Attention

Two people intentionally focusing on the same thing at the same time

Grandparents and Joint Attention



Grandparents and Joint Attention





just 10 minutes

Online Activity Bank created by Parents as Teachers, Kansas Head Start, AdventHealth Foundation, and **sing.play.love.**

www.JustTenMinutes.org



just 10 minutes

**AND importantly,
zero trips
to Hobby Lobby**

**HOBBY
LOBBY®**



just 10 minutes

Sample Activity

In just ten minutes, you and your child can sing and act out the *Humpty Dumpty* Mother Goose rhyme.



Sample Activity





“Music Mondays” with Anne

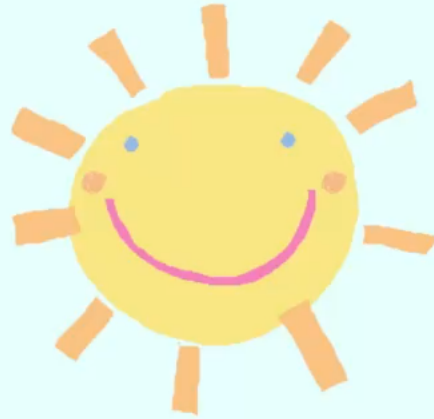
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A ram sam sam,
A ram sam sam.



Ram Sam Sam



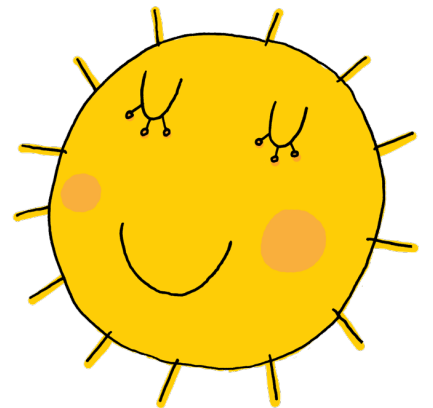
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A ram sam sam,
a ram sam sam,
Gully gully gully gully gully,
ram sam sam,
A-raffi, a-raffi,
Gully gully gully gully gully,
ram sam sam!

Let's sing . . .

- **Fast and slow**
- **Loud and soft**
- **High and low**





just 10 minutes

I need help creating activities!
anne@singplaylove.com

A photograph of a family—a mother, a father, and a baby—sitting on a light-colored sofa. The mother, on the left, has long brown hair and is wearing a blue long-sleeved shirt and a necklace with white beads. She is holding a red and blue toy. The father, on the right, has dark hair and is wearing a blue long-sleeved shirt. He is smiling and looking towards the baby. The baby, in the center, is wearing a blue long-sleeved shirt and light-colored pants. The baby is holding a red and blue toy. In the foreground, there are several colorful stacking toys (yellow, blue, purple). The background shows a white dresser with multiple drawers. The text "Learning Across the Day" is overlaid in the center of the image in a large, white, sans-serif font.

Learning Across the Day



Musical Joint Action Routine

Songs with actions that are shared with a child and repeated on a regular basis.



Sensory Satisfaction Machine

- Resonation
- Sound
- Sight
- Hearing
- Touch
- Movement (vestibular)
- Smell
- Taste

physical and sensory engagement

- *Presence*
- *Playfulness*
- *Eye contact*
- *Touch*





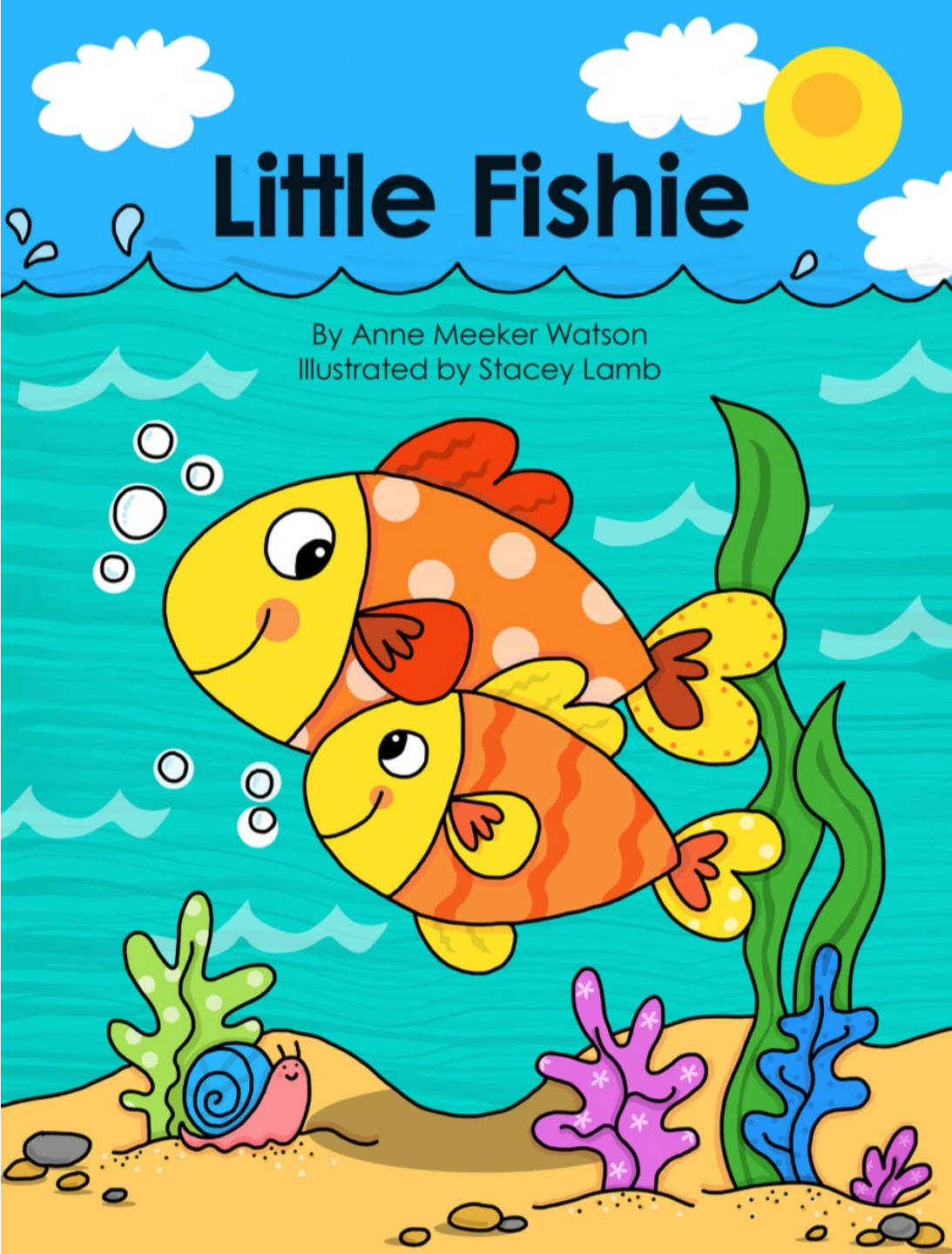
**“I still fit in
your lap.”**

**Reading and singing
to a child are great
opportunities for
closeness and
connection.**

Song is the
“glue” that
helps new
learning stick.

**Music is the
modality.**





Little Fishie

I can form close
and secure
relationships with
my caring adults.

Let's sign key vocabulary.

ASLEEP

REST (CALM)

SING/SONG

LOVE

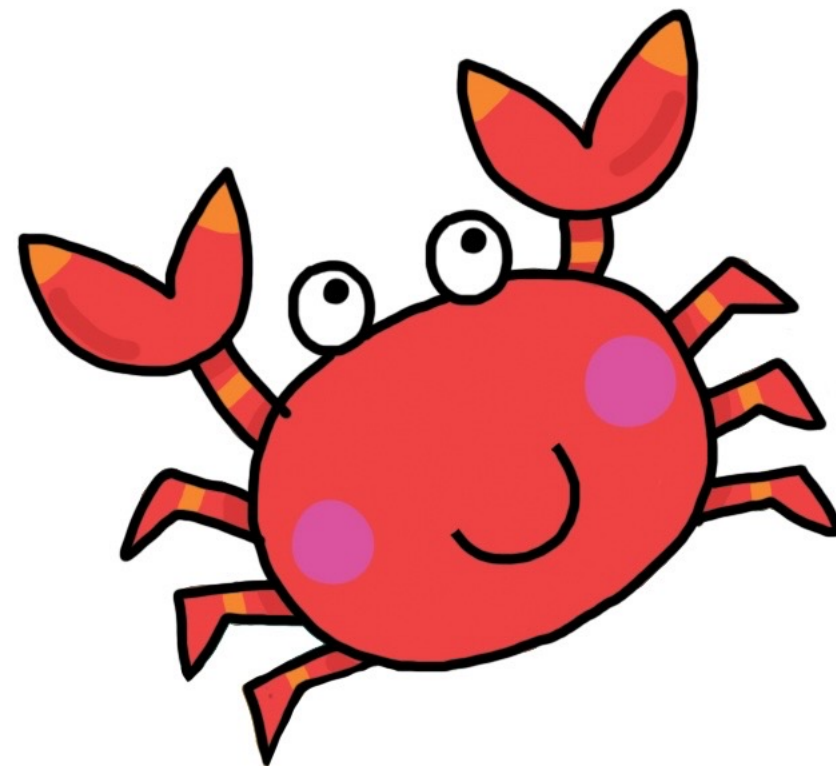
FISHIE

BUSY

WAIT

SUN-DOWN

STARS





Start with FISH.

Children will show you
when the chorus returns.

Why sign words?



Young children learn motions and gestures.

They assimilate melodies.

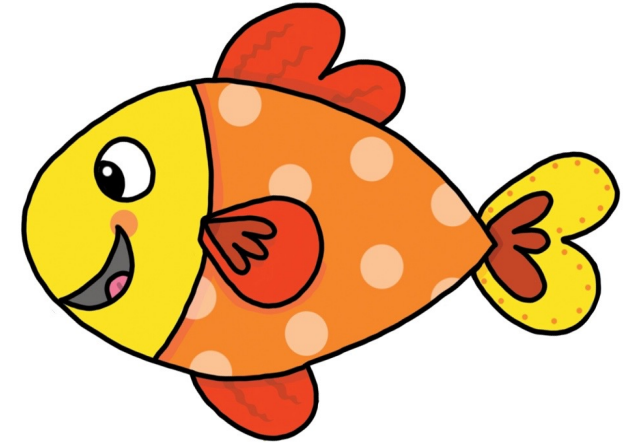
Kids can DO the song.

Motor memory provides for participation
on the way to vocal expression.

Sign and Song to Support Verbal Language

- **“Kids really connected with the sign language.** We worked one-on-one to incorporate language and sign with the words safe, respectful and responsible.”
- **“The sign language was wonderful.** I would use that strategy again in the future.”

Let's sing!



The crew is **asleep** and the ocean's at rest (**calm**).
I'm **singing this song** for the one I **love** best.
Hey ho, little **fishie**, good night, good night.
Hey ho, little **fishie**, good night.

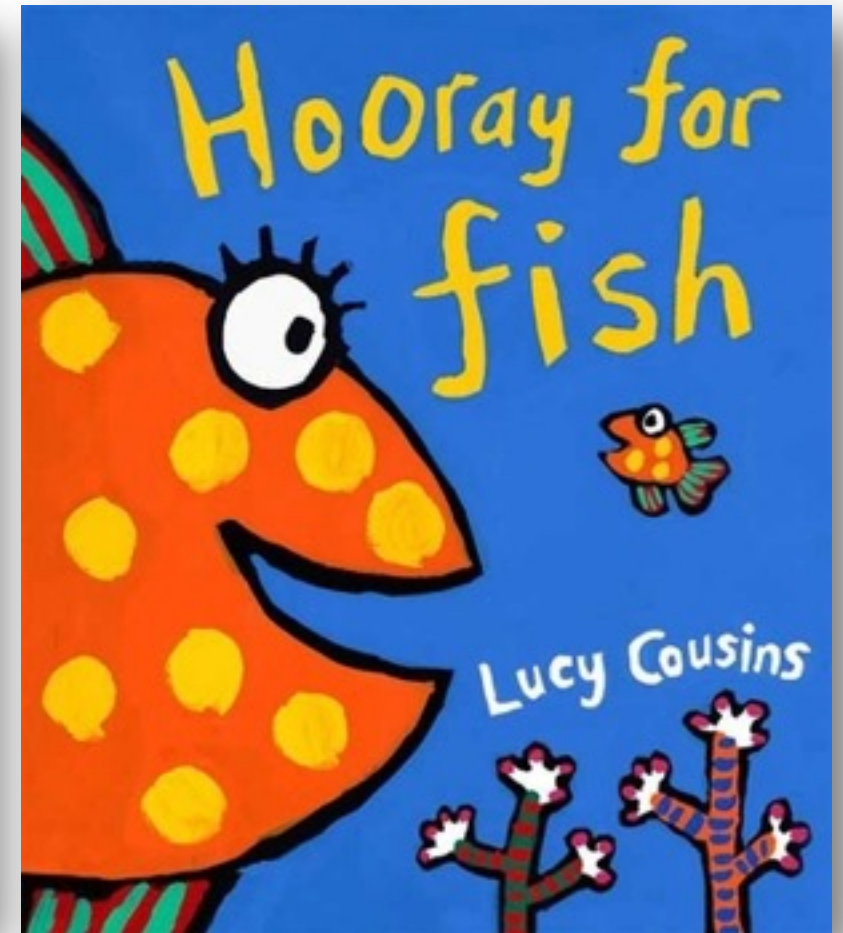
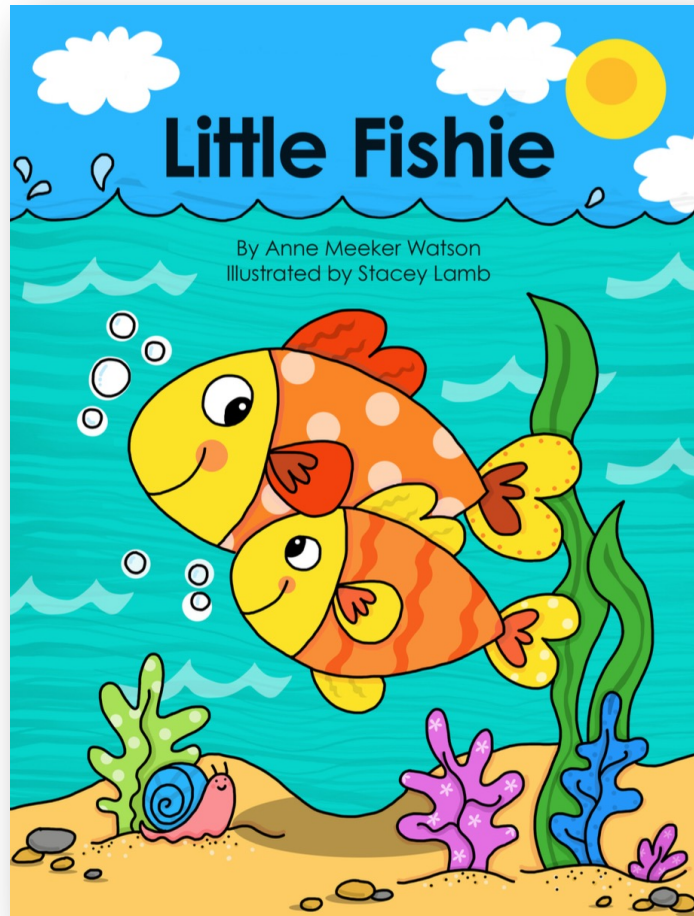
You can now throw away
your blood pressure
medication and play this
song instead.

(You're welcome.)



**What if a five-year-old has
not mastered a skill intended
for a one-year-old?**

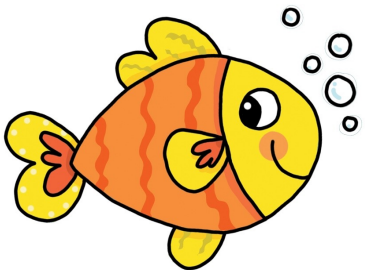
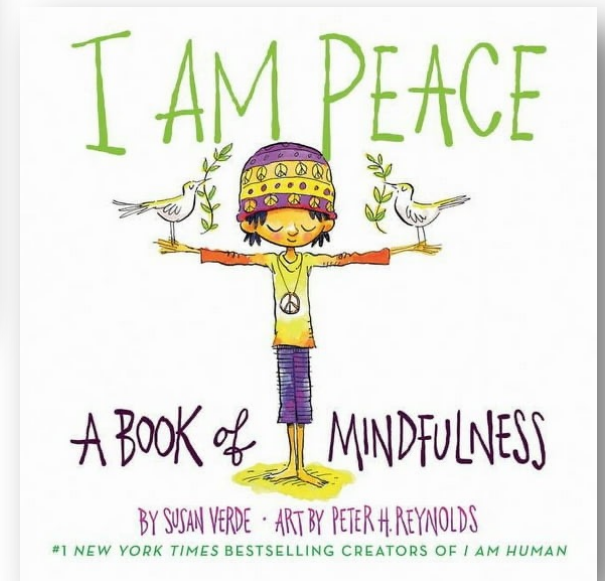
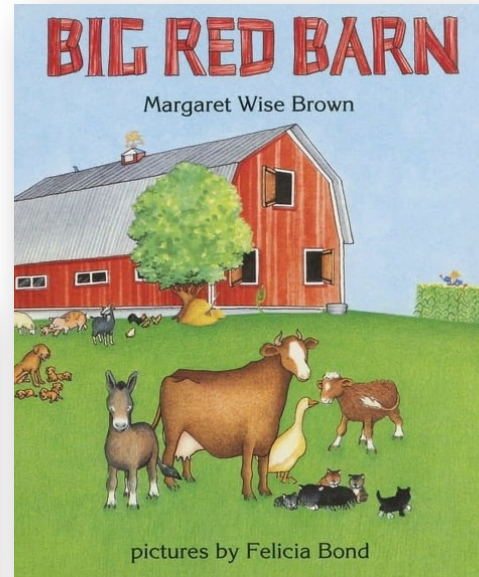
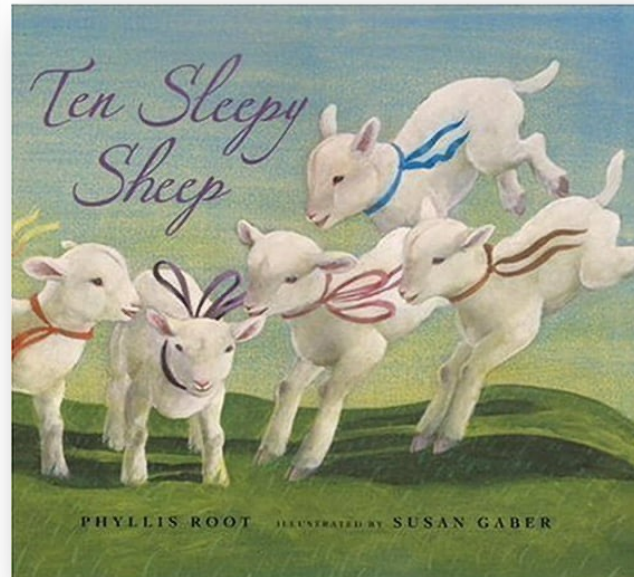
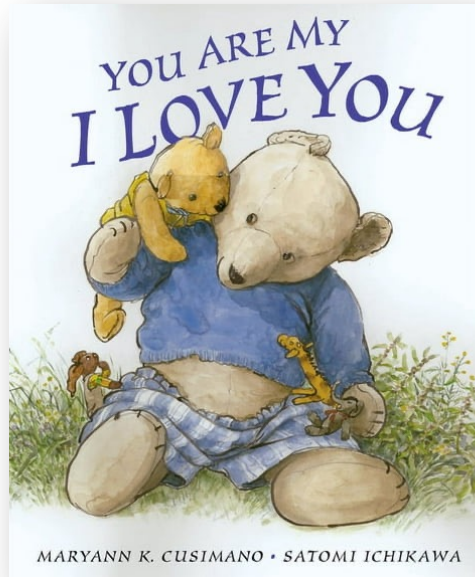
Perfect Pairing



Teaching CALM All Day Long



More Books for Calming and Regulation



A young girl with brown hair in a bun, wearing a light blue cardigan over a pink shirt and light blue jeans, is being held by an adult. The adult is wearing a red and blue plaid shirt and dark blue jeans. They are standing in front of a black metal fence with a diamond pattern. The girl is looking down and has a teal backpack on. The adult is holding her hand. The background shows some greenery and a white wall.

Helping Children Transition with Song

Preschool Power Struggles

“Do this or . . .”





“First _____, then _____”

It is time for
**The Really
Big Ending**



sing.play.love. a little. Or a lot!



**Educator Kits 40% off
through December 31st!**

www.singplaylove.com

Cool Tools for Schools

- Solve instructional priorities
- Support engagement and connection
- Aligned with a variety of curricula, standards, and philosophies



Curricula Alignment

Discover how **sing.play.love**
aligns with your plan for teaching.

www.singplaylove.com/pages/alignment

Our **PLAY & LEARN** program for families

Old House



No "preschooler" is an island. Rarely do we get things done – or have fun – in isolation. We need friends and family members to help us achieve a goal. Sometimes that requires us to give up some personal comfort or allow the needs or desires of others to replace our own. Teamwork involves cooperation and collaboration, and the ability to delay our personal gratification to meet the needs of others.

Even babies learn how to "take one for the team" when they cry for a bottle, and their parent says, "I will be there in one minute!" Babies learn to suck on their fingers until mommy or daddy appears with a bottle in hand. Toddlers can work together by participating in simple chores such as putting away toys or placing clothes in the washing machine. And preschoolers learn to solve problems at home or in school, as they begin to utilize strategies for trading, sharing and playing together.

Here are some simple ways to teach about teamwork and cooperation.

Together is Better. There are dozens of fun and easy ways children can work together to accomplish a task. They can take turns pulling a wagon, pushing a swing or cleaning up toys. Pretend play can include cooperation as they work together to bake an imaginary pizza, take turns mowing with a toy lawn mower, or build a block garage for toy cars and trucks. Preschoolers learn to assign roles to their "work" – one child can be the foreman and the other can be the worker at the construction site. And every pretend restaurant needs someone to cook and another person to take orders and collect money.

Shared Art. Provide a large piece of paper and markers or crayons for several children to share. Arrange the children in a circle around the paper and allow them to work together to create a "masterpiece." As the children draw, you will notice that they naturally negotiate where each will draw and show each other new and interesting ways to draw using their markers or crayons. There will likely be easy conversations about what they plan to add to their collective creation.

My List. Provide paper, markers and crayons so your child can help you make a list to take along when you shop for groceries together. He can make pictures of three things you both need to remember to buy at the store for a meal or snack. Add the written words for your child's self-illustrated list and point to any letters he may recognize within each word. Bring your preschooler and both of your lists to the store for the shopping trip. Be sure to show him how to refer to his or her list as you shop. This simple task reinforces your child's emerging awareness of printed words, using language to organize our actions, and the power of working together to accomplish a task.

More fun awaits!

Scan the QR code to listen to the song and watch the video!



Singplaylove.com

Birdie in My Window



Imitation is a foundational skill for early learning. Imitation is a skill that serves two purposes for young children:

Learning – the means for children to acquire new skills and knowledge
Social – a way for children to interact and express their emotions with others

Early face-to-face interactions give both infant and parents opportunities for "games" that include vocal and motor imitation, as well as facial expressions. Babies fall even deeper in love with their caring adults when they talk, sing, bounce, dance, and share playful interactions with them. Toddlers love imitation games that include gestures, such as finger plays and action songs.

As infants grow, play starts to include imitation with toys and other objects. Playing with toys is the best way for toddlers to interact with other toddlers, as they interact by performing the same actions with the toys. Toddler "play dates" typically consist of two friends playing side by side in "parallel play." With time, these early interactions create an interest in playing with others. Children love imitative play when they are able to lead the "copycat" game as well as follow the actions of another.

Here are some simple ways to enrich and extend your child's learning of imitation and other key developmental concepts.

Animal Actions. Using the "Birdie, Birdie" melody, sing about "Kitty, Kitty" or "Turtle, Turtle." You can easily learn new American Sign Language (ASL) animal signs and actions by doing an Internet search for signed video dictionaries such as ASL Browser or Signing Savvy. Encourage your child to select their favorite animal. Talk about the movements the animal makes. Sing, sign, and move to your new song together. What other animals can you imagine seeing outside of your window?

Bird's Nest Fun. Turn a sturdy cardboard box or plastic bin into a bird's nest the perfect size for your favorite little "birdie." Add a cozy blanket or towel and invite your child to hop into their perch. Place the nest by your bookshelf so they can easily reach their favorite books to enjoy in their special spot. Move the nest to your kitchen so that you can sing together as you make dinner.

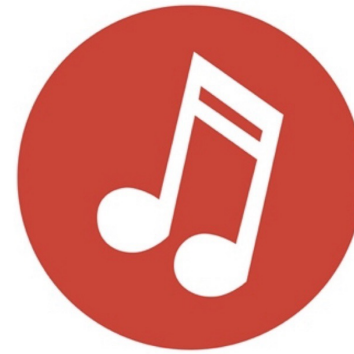
What Do Birdies Do? Birdies are busy! They fly, eat worms, build nests, sing, peck, walk, flutter, fluff their wings and lay eggs. Ask your child to "be a birdie" and act out one of these actions. You can guess what your birdie is doing. Now it is your turn to be the birdie! Imitate them as they show you how to move like a birdie.

More fun awaits!

Scan the QR code to listen to the song and watch the video!



Singplaylove.com



Canta.



Juega.



Ama.

Libros en español

sing.play.love. Books now available in Spanish

**Brookes
Publishing**

Amazon

Sing & Sign for Young Children

A Guide for Early Childhood Professionals



Anne Meeker Watson, Ph.D., MT-BC



Invite me to speak, coach or consult.



zoom
Video Communications



just 10 minutes

Online Activity Bank created by Parents as Teachers, Kansas Head Start, AdventHealth Foundation, and **sing.play.love.**

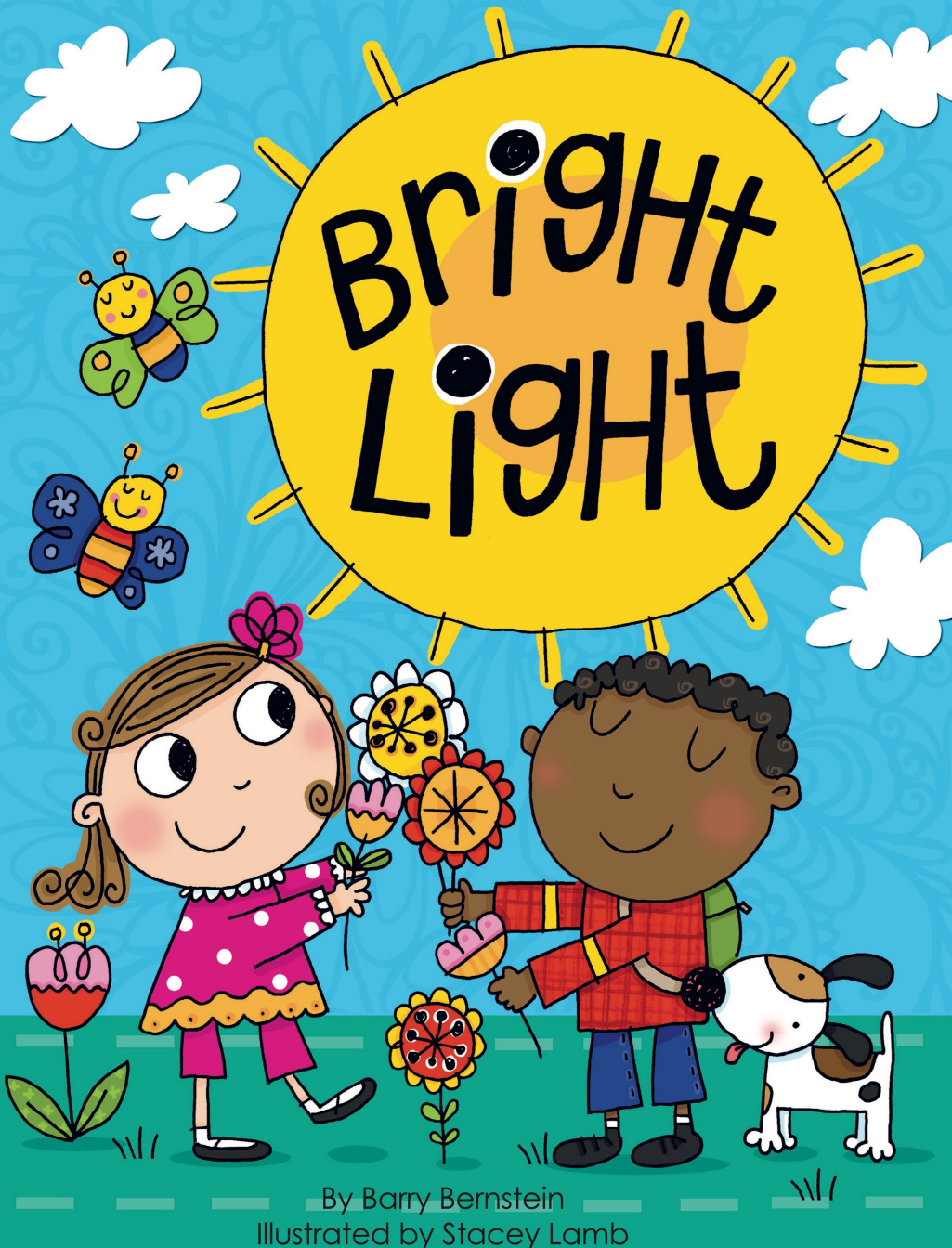
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Books, Beats, and Bonding

Fostering Connection
through Stories, Songs,
and Play

February 12, 2026

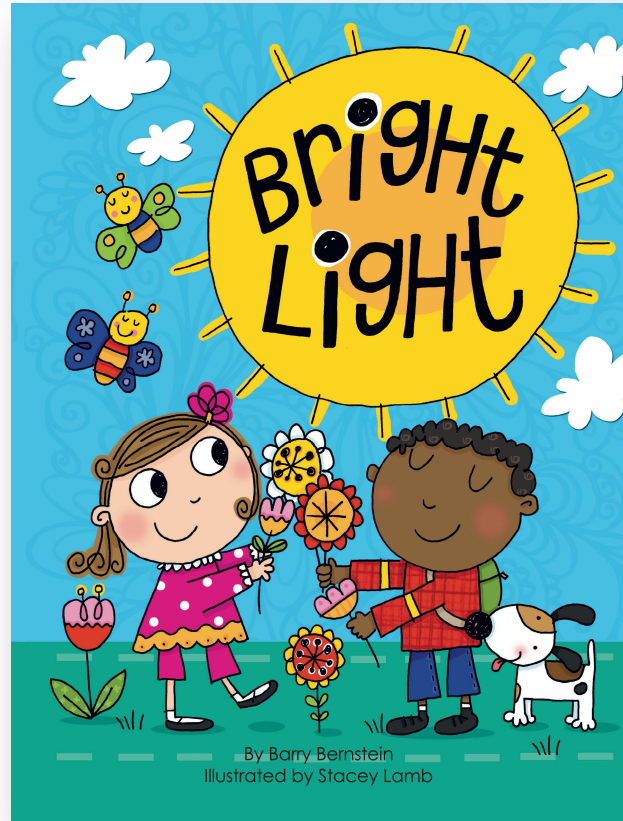


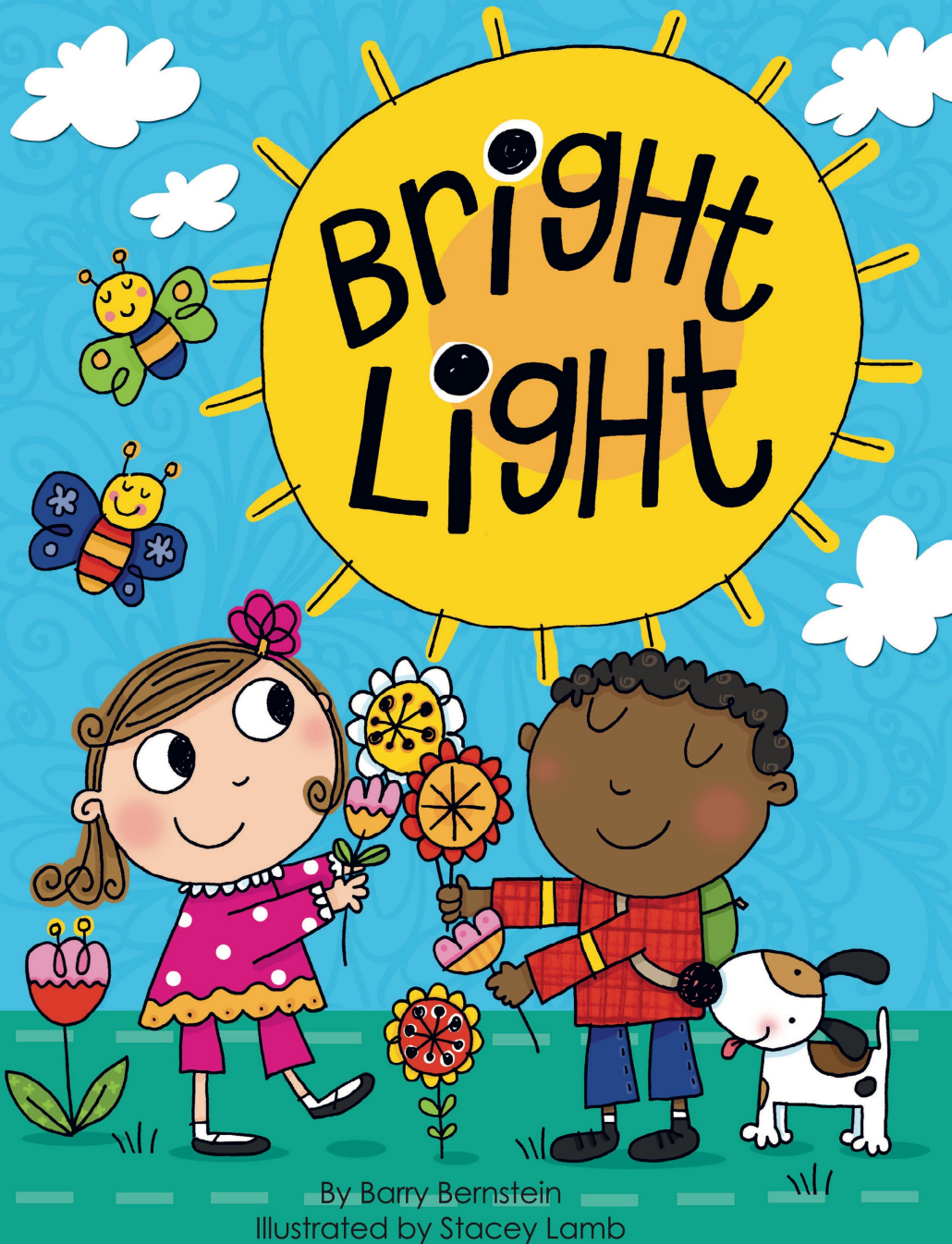


Positive Self-Concept

I like myself.
I know it is 'alright' to
be different from
others.

Perfect Pairing





Key Vocabulary

I
BRIGHT LIGHT
PERFECT
EVERYONE/EVERYBODY
YOU
ME
FITS

**Let's dim the
lights and do a
magic show!**



“Again!”



Share what you
have learned today
with a young child.

I loved singing
with you!

Anne



Questions?
anne@singplaylove.com