Sing While You Work

Age: Preschool-age (3-4 years)

This activity helps your child's development in this domain: Language and Literacy, Social-Emotional

What You Need:

Nothing

What To Do:

1. Sing songs during routine activities to make them fun, for example, when washing hands before eating, during bath time, or when picking up and putting away toys together.
2. Describe or ask your child to tell you what is happening. For example, “We wash our hands before we eat. Washing with soap makes our hands clean.” Explain that to remove the germs and dirt on his hands, your child needs to use soap and water and rub his hands together. Encourage him to rub his hands together for about thirty seconds (or half a minute). To pass the time and to give him an idea of how long thirty seconds is, try singing a song together such as:

   Gotta wash, wash, wash my hands clean
   Wash, wash, wash my hands clean
   Wash, wash, wash my hands clean
   And I wash my hands today.
This is the way we wash our hands, wash our hands, wash our hands.
This is the way we wash our hands, morning, noon, and night.
Front and back and in-between, in-between, in-between.
Front and back and in-between, now our hands are clean.

3. Play some music to sing along with such as your child’s favorite children’s songs while you do activities together.