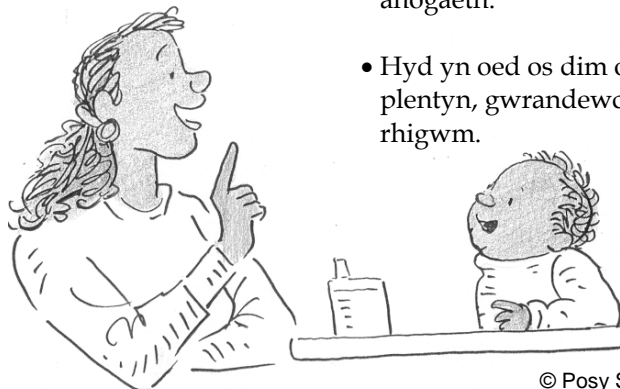


Sharing songs & rhymes

Babies love songs and rhymes, especially hearing the sound of your voice. And they're a great way to help your child's talking and listening skills.

- Your voice is your baby's favourite music so sing to her, even if you don't think you sound great. Your baby won't judge you.
- Turn off the TV or radio so your child can hear your voice.
- You don't have to sing 'baby' songs – it can be the latest chart music. If you like the song, your baby will enjoy it too.
- Don't worry if you don't know any nursery rhymes. Sing the songs you do know and visit the library to borrow rhyming books or tapes.
- Look at your baby as you sing or chant and see how he reacts to different parts of the rhyme. Can you see his fingers wriggle?
- Young children learn best through play, so make songs and rhymes fun. Change the sound of your voice, make up some actions, or add your child's name or the names of family and friends.
- When your baby is tired or upset try singing a favourite song, slowly and quietly, to comfort her.
- When your baby or toddler joins in, show that you've noticed by giving lots of encouragement.
- Even if your toddler is just beginning to talk, listen to his reaction to the song or rhyme.



Welsh translation produced with support from the Basic Skills Strategy for Wales.

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Rhannu caneuon a rhigymau

Mae babanod wrth eu bodd â chaneuon a rhigymau, yn enwedig sŵn eich llais chi. A maen nhw'n ffordd wych i helpu sgiliau siarad a gwrando eich plentyn.

- Eich llais chi yw hoff gerddoriaeth eich plentyn, felly canwch iddi, hyd yn oed os nad ydych chi'n credu eich bod yn swnio'n wych. Ni fydd eich babi yn eich barnu chi.
- Diffoddwch y teledu neu'r radio fel y gall eich plentyn glywed eich llais.
- Does dim rhaid i chi ganu caneuon 'babi' – gallwch ganu'r gerddoriaeth ddiweddaraf yn y siartiau. Os ydych chi'n hoffi'r gân, bydd eich babi yn ei mwynhau hefyd.
- Peidiwch â phoeni os nad ydych chi'n gwybod unrhyw hwiangerddi. Canwch y caneuon rydych chi'n eu gwybod, ac ewch i'r llyfrgell i fenthyg llyfrau neu dapiau rhigymau.
- Edrychwch ar eich babi wrth i chi ganu neu siantio, a sylwch sut mae'n ymateb i wahanol rannau o'r rhigwm. Ydy ei fysedd yn symud?
- Mae plant ifanc yn dysgu orau trwy chwarae, felly, gwnewch y caneuon a'r rhigymau yn ddifyr. Newidiwch sŵn eich llais, dyfeisiwch symudiadau, neu ychwanegwch enw'ch plentyn neu enwau'ch teulu a'ch ffrindiau.
- Pan fydd eich babi wedi blino neu'n gofidio, canwch un o'i hoff ganeuon yn araf ac yn dawel, i'w chysuro.
- Pan fydd eich babi neu'ch plentyn bach yn ymuno, dangoswch eich bod wedi sylwi trwy roi llawer o anogaeth.
- Hyd yn oed os dim ond dechrau siarad mae eich plentyn, gwrandewch ar ei ymateb i'r gân neu'r rhigwm.