

Babies



The arrival of a baby is a new beginning for every family, bringing lots of joy and change to all.

This week in Play School, we learn about babies and their growing stages through songs, stories, films and creative play.

We also look at ways to involve young children with their new brother or sister to avoid feelings of displacement and encourage them to feel proud of being "big" and their capabilities.

Throughout the week, we feature a special series of baby films that look at different aspects of a baby's daily routine, such as sleeping, playing, eating and bathing.

Episode 1



PRESENTERS

Jay Laga'aia - Leah Vandenberg

PIANIST

Peter Dasent

STORY

The Red Woollen Blanket,

Bob Graham, Walker Books 1988

FILM

Families Playing at the Park

(Play School, ABC)

BABY FILM SERIES

Babies Sleeping

(Play School, ABC)

IDEAS FOR LATER

- Have a look at your baby pictures. What did you like to do as a baby?
- Make a growth chart for a baby. Record their height as they get older.
- Have a Picnic with Your Toys. Pretend your toys are babies and have a pretend picnic in the backyard or a local park. Babies like to eat mashed up banana, drink water and play ball. Rock your toy baby to sleep and sing a lullaby.

SONGS

Peek-a-boo

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Cuddle Up

Composers: Peter Dasent & Sophie Emtage

Publisher: Origin/ Control

Doin' It

Composers: Peter Dasent & Arthur Baysting

Publisher: Origin

Come on And...

Composer: Louie Suthers

Everybody Do This

Composer: Traditional

Publisher: Origin/ABC Music Publishing



MAKE AND DO



How to Make a Craft Cradle for a Toy Baby

You will need:

- A medium sized box
- Tape
- Cardboard
- Safety scissors
- Two pool noodles
- A stapler
- A pillow
- A toy
- A blanket

Tape the bottom of a medium sized box closed. Leave the top of the box open, either by folding in the sides or removing them with safety scissors.

Cut four strips of cardboard, each about 6cm wide and long enough to fit around the end of a pool noodle with a little bit of overlap.

Fit one strip of cardboard around the end of a pool noodle and staple the ends together to create a circle. Once fitted and stapled, remove the cardboard circle from the noodle. Repeat this process with the three remaining cardboard strips.

Turn the cardboard box upside-down and tape a cardboard circle near each corner, on the long sides of the box, as pictured.

Bend one pool noodle and push either end into a cardboard circle to keep it in place. Repeat this process with the other noodle. The noodles will make the box rock like a cradle.

Put a pillow and a toy in your cradle. Cover the toy up with a blanket.

You can make a smaller craft cradle using a shoe box and two curved wooden coat hangers, with the hooks removed. Tape the coat hangers to the bottom of the shoe box to make it rock.



How to Make a Dangly Garden Mobile

Make a mobile for a pram or stroller using a coat hanger, ribbons, clothes pegs and home-made decorations, such as those described below. Simply tape a peg to each end of a piece of ribbon. Use one peg to clip the ribbon to the coat hanger, and the other to attach your decoration to the ribbon. Make as many decorations as you like!

You will need:

- A coat hanger
- Lengths of ribbon, each 30cm-40cm long
- Clothes pegs
- A ball of wool
- A small pompom
- Pipe cleaners
- Safety scissors
- Craft feathers
- A pair of orange and black stripy baby socks
- Coloured paper
- A length of thick rope, about 60cm long
- Cellophane

A Bird Decoration

Use a ball of wool as the body of your bird. Tape on two craft feather wings and a small pompom head. Cut a pipe cleaner in half, bend it into a triangle beak shape and tape to the pompom head.

A Bee Decoration

Roll up one baby sock and push it to the bottom of the other baby sock. Twist a pipe cleaner around the sock, securing the rolled up sock at one end. This will be the head of your bee. Bend the pipe cleaner to look like two antennae. Tear a pair of wings from coloured paper and tape to your bee, just behind its antennae.

A Snail Decoration

Curl a length of thick rope into a spiral and tape to secure. Twist a pipe cleaner around one end of the rope – the end on the outside of the spiral. Bend the pipe cleaner to make two antennae.

A Butterfly Decoration

Twist a square of cellophane in the middle to make two butterfly wings. Hold two pipe cleaners together and twist them around the middle of the cellophane to secure the wings. There should be left over lengths of both pipe cleaners poking out at either end of the cellophane wings. Bend the two pipe cleaners at one end apart to create antennae, twist the two pipe cleaners at the other end together to make a body for your butterfly.

Episode 2



PRESENTERS

Abi Tucker – Jay Laga'aia

PIANIST

Peter Dasent

TOLD STORY

Cheeky Monkey's Dancing Day

(A story told by the Play School team)

FILM

Baby Clothes Washing Day

(Play School, ABC)

BABY FILM SERIES

Babies Playing

(Play School, ABC)

IDEAS FOR LATER

- Make a baby roller rattle with a plastic spaghetti container filled with colourful ping pong balls.
- Pretend to dance like a monkey, a hippo, a parrot or an elephant.
- Make some tissue box blocks for a baby by covering the boxes in colourful contact.

SONGS

Two Little Eyes

Composers: M. Miller & Paula L. Zajan

Publisher: Allans Music

Down in the Valley

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Hey, Hey, Hey

Composers: Judith Keyzer & Peter Dasent

Publisher: Control/Origin/ABC Music Publishing

If You're Happy and You Know It

Composer: Traditional

Publisher: ABC Music Publishing

MAKE AND DO



How to Make Gingerbread Babies

You will need:

- 125 grams softened butter
- ½ cup firmly packed brown sugar
- ½ cup golden syrup
- 1 egg separated, plus an extra egg white
- 2 ½ cups plain flour
- 1 tablespoon powdered ginger
- 1 teaspoon mixed spice
- 1 teaspoon bicarbonate of soda
- 2 cups icing sugar
- A gingerbread man biscuit cutter
- Food colouring – any colours you like

Preheat oven to 180°C. Grease a baking tray.

Cream butter and sugar together in a large bowl.

Beat in egg yolk and golden syrup.

Use a wooden spoon to mix in flour, ginger, mixed spice and bicarbonate of soda.

Tip mixture onto a lightly floured surface and knead until smooth. Cover with plastic cling wrap and refrigerate for about 30 minutes.

Place refrigerated dough between two pieces of baking paper and use a rolling pin to roll out until about 5mm thick.

Use a gingerbread man biscuit cutter to cut out your gingerbread babies. Place on a greased baking tray, leaving a little bit of room for spreading.

Bake for 8-10 minutes, until golden brown.

Allow to cool on the baking tray for 10 minutes before transferring to a wire rack.

To make icing, beat two egg whites until they form stiff peaks. Gradually stir in sifted icing sugar.

You might like to spoon the icing into a few small bowls and use food colouring to make different colours. Leave one batch of icing plain. Use a piping bag, a spoon or your fingers to decorate the gingerbread babies. Give each baby a white nappy and use different colours to give each one eyes, a nose, a mouth and hair.



How to Make a Ball Splat Painting

You will need:

- A ground sheet
- A large sheet of paper, such as butcher's paper
- An easel or a clothes horse
- Pegs
- Three sponge balls
- Blue, yellow and red paint poured into separate recycled plastic containers

This activity is very messy, so it's best to set it up outside. Lay a ground sheet down before you begin. You might also like to put on a painting smock or apron and keep a bucket of warm, soapy water and some old towels on hand to clean up with afterwards,

Hang up a large sheet of paper on an easel or clothes horse with pegs.

Take a sponge ball, dip it in one colour of paint and toss it at the hanging paper. Use a new sponge ball for each new colour. See how these colours mix to make new colours.

Episode 3



PRESENTERS

Zindzi Okenyo – Teo Gebert

PIANIST

Peter Dasent

PIANIST

Peter Dasent

STORY

What Makes Me Happy? written and illustrated by Catherine & Laurence Anholt
Walker Books Australia

FILM

Siblings Meet New Baby
(Play School, ABC)

BABY FILM SERIES

Babies Eating
(Play School, ABC)

IDEAS FOR LATER

- Look out for some baby animals that you may see at a friend's house, the farm or at an animal show.
- Look in the mirror and make some silly faces.
- Draw a few different faces, each with a different expression, on paper plates. You can make masks or puppets out of these.

SONGS

Gee Up Neddy

Composers: Box, Cox, Butler and Roberts
Publisher: The Sun Music Publishing Company

Fa La Nana

Composer: Traditional
Publisher: Origin/ABC Music Publishing

It's So Nice to Have a Cuddle

Composer: Sandy Tobias-Offenheim
Publisher: ABC Music Publishing

Happy Birthday

Composers: Mildred Hill & Patricia Hill
Publisher: Public domain

Friends All Together

Composers: Peter Dasent & Sophie Emtage
Publisher: Origin/Control

How Are You Feeling?

Composers: Peter Dasent & Sophie Emtage
Publisher: Origin/Control

Come-a-look-a-see

Composer: Traditional
Publisher: Origin/ABC Music Publishing



MAKE AND DO



How to Make a Soft Cuddly Baby Toy

You will need:

- Two cloth nappies or hand towels
- Sticker dots
- A single baby sock

Fold the cloth nappy or hand towel in half and roll it up. This will be your baby.

Use another nappy or hand towel as a blanket and wrap up your baby.

Add two sticker dot eyes, poking out from under the blanket.

Put a baby sock on top of your baby's head for a hat.

How to Make a Baby Surprise Basket

You will need:

- A basket
- Coloured crepe paper
- Baby surprises, such as a pair of baby socks, a drinking cup, a baby bowl and spoon, a hair brush, a hard baby book and a soft toy, such as the one described opposite
- Clear cellophane
- Ribbon
- Cardboard
- Coloured crayons, markers and/or pencils

Line the basket with coloured crepe paper.

Fill the basket with your surprises.

Wrap the basket in a large sheet of clear cellophane. Scrunch the cellophane together above the handle and secure with ribbon.

You might like to make a card to go with your surprise basket using cardboard and coloured crayons, markers and/or pencils.



How to Make a Family with Turning Faces

You will need:

- Two long cardboard tubes, one should be slightly smaller in width and fit snugly inside the other – referred to as the “inner tube” and “outer tube” in the below instructions
- Coloured scraps of material or coloured paper
- Safety scissors
- Tape
- Wool
- Paste
- A pencil
- A marker

Ask an adult to cut both tubes into individual pieces, one for each family member. The inner tube pieces should be cut slightly longer than the outer tube pieces – this will allow you to twist the inner tube easily when placed inside the outer tube. Make a father, a mother, a brother, a sister and a baby. You might like to make each family member a different height.

Cut a small circle from each of the outer tubes for a face.

Cut clothes for your cardboard roll family from coloured material or paper and tape to the outer tubes. You might like to dress each roll in a different colour or type of clothing. For example, we used a piece of pink material to make a nappy for our baby girl character.

Paste or tape on some wool or material to the outer tubes for hair.

Fit the inner tubes inside the outer tubes. Use a pencil to lightly trace around the hole in each outer tube, so you leave a pencil circle on each inner tube. Now, turn each inner tube so the circle you have drawn completely disappears and trace another circle. Repeat this process until you have three separate circles traced onto each inner tube.

Remove all of the inner tubes and use a marker to draw three different faces within the pencil circles you have marked. Each member of our family had a happy face, a sad face and a tired face.

Put the inner tubes back inside the outer tubes. Now it's time to play! When you turn the inner tubes around, the expressions of your characters will change. Tell a story with your characters, using their faces to express how they are feeling.

Episode 4



PRESENTERS

Zindzi Okenyo – Alex Papps

PIANIST

Peter Dasent

TOLD STORY

Shhh...Baby's Asleep

(A story told by the Play School team)

FILM

Family Going Shopping at Veggie Market

(Play School, ABC)

BABY FILM SERIES

Babies Getting Dressed

(Play School, ABC)

IDEAS FOR LATER

- Sing a lullaby to a baby.
- Help to dress a baby or dress one of your toys.
- Set up a babies' clothes shop. Your friends or toys can be customers. Find some singlets, booties, baby blankets or baby toys that you are allowed to use to sell it in the baby shop.
- Take your baby bear or doll for a ride in a cardboard car, a cardboard train, a doll's stroller or a cardboard rocket.

SONGS

Making a Hat

Composers: Peter Dasent & Sophie Emtage

Publisher: Origin/Control

Hey There, What Do You Wear?

Composer: Helen Martin

Driving in the Car

Composers: Peter Dasent & Sophie Emtage

Publisher: Origin/Control

The Wheels on the Bus

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Fa La Nana

Composer: Traditional

Publisher: ABC Music Publishing



MAKE AND DO



How to Make Paper Hats

You will need:

- A plastic bowl that fits on your head like a hat, above your ears and eyebrows
- A broadsheet newspaper
- Tape
- Cardboard
- Safety scissors
- Two 50cm lengths of ribbon

A Newspaper Sunhat

Set the plastic bowl upside down on a flat workspace.

Place three or four sheets of newspaper on top of the bowl. Cup the newspaper around the bowl with your hands, so the newspaper moulds to the shape of the bowl. Take a long piece of tape and wrap it around the newspaper bowl shape, to keep it in place.

Scrunch the edges of the newspaper to make a round brim for your hat. Tape to secure.

You can now remove your newspaper sunhat from the bowl and wear it on your head!

A Cardboard Baby's Bonnet

Tear or cut a large semi-circle from cardboard.

Tear or cut two 15cm slits on the circle side of the cardboard, about a hand's space apart.

Fold the cardboard on each side under the closest slit to create a bonnet shape. Tape the cardboard in place.

Tape a piece of ribbon to either side of the bonnet. Put the bonnet on and loosely tie the ribbons to keep it in place.

Episode 5



PRESENTERS

Abi Tucker – Alex Pappas

PIANIST

Peter Dasent

STORY

Mr Archimedes' Bath

Author & Illustrator: Pamela Allen

Publisher: Collins

FILM

Platypus with Babies

(Play School, ABC)

BABY FILM SERIES

Babies at Bath Time

(Play School, ABC)

IDEAS FOR LATER

- Go to the zoo or aquarium to watch how platypuses swim in the water and move on the land.
- Make your own bubble wand by rolling some card into a trumpet shape. Dip it into the bubble mix and blow.

SONGS

Bath Time

Composer: June Epstein

Publisher: Allans Music Co.

Splish, Splash, Splosh

Composers: Peter Mapleson & Robyn Mapleson

Publisher: ABC Music Publishing

Scot on My Scooter

Composers: Peter Dasent, Arthur Baysting & Justine Clarke

Publisher: Origin/Control

I'm Forever Blowing Bubbles

Composers: Jaan Kenbrovin & John William Kellette

Publisher: A & C Black, London 1977

When Suzy Had a Baby

Composer: Traditional

Publisher: Origin/ABC Music Publishing

I Like to Sing

Composers: Peter Dasent & Garth Frost

Publisher: Origin/Control

Wombat Wobble

Composer: Val Donlon

Publisher: ABC Music c/o Mushroom Music



MAKE AND DO



How to Give Your Toys a Bath

You will need:

- A plastic baby's bath or bucket
- Soap
- A hard plastic toy (or toys), suitable for getting wet
- A wash cloth
- A towel
- A face washer
- A peg

Fill a plastic baby's bath or bucket with warm, soapy water. Make sure the water isn't too hot or too cold.

Undress your toy and put him or her into the bath. Clean with warm water and a wash cloth.

Once your toy is clean, dry with a towel and place in the sun for an hour or so.

You might like to dress your toy in a face washer nappy, secured with a peg.



How to Make a Bubble Pop Painting

You will need:

- Four recycled plastic containers, such as ice cream containers
- Water
- Sugar
- Dishwashing detergent
- Red, blue, green and yellow food colouring
- A bubble wand or a handful of straws taped together
- White paper

This can get messy, so you might like to cover your workspace in recycled newspaper or a plastic worksheet.

To make bubble mixture, combine approximately 1 cup of water, ½ cup of dishwashing detergent and 2 teaspoons of sugar in each plastic container. You might need to adjust these amounts, depending on the size of your containers. Mix well.

Add a few drops of food colouring to each container to make red, blue, green and yellow bubble mixture.

Set a piece of white paper down on your covered workspace.

Use a bubble wand or a handful of straws taped together to blow coloured bubbles onto the paper. When the bubbles pop and dry you will be left with a colourful pop painting!



How to Make a Baby Puppet

You will need:

- A pencil
- Cardboard
- Safety scissors
- A marker
- Tape
- Wool
- Scraps of material
- Paste
- A scrunchie

Use a pencil to draw a baby body shape on cardboard and cut around it with safety scissors.

Cut two holes in the lower part of the body to stick two fingers in for legs.

Draw a smiling face on your baby with a marker.

Tape on a few short threads of wool for baby hair.

Paste or tape on a scrap of material for a singlet.

Twist a scrunchie around the bottom of the baby for a frilly skirt or a nappy.

Stick two fingers through the holes in your puppet and take the baby for a toddle or dance by moving your fingers about.



How to Make a Mother and Baby Platypus

You will need:

- A large clean car sponge and a small clean car sponge
- Four 30cm lengths of elastic
- Eight plastic forks
- Craft foam
- Safety scissors
- A marker

Tie a piece of elastic around both the top and bottom of each car sponge to mark out the head, body and tail of your platypuses.

Poke four plastic forks into each sponge for webbed feet. You can use the elastic to help secure them.

Cut a bill and tail for each platypus from craft foam. Poke the bills and tails under the elastic at either end of the platypuses to secure them.

Draw eyes on each platypus with a marker.

If you don't have car sponges, use recycled plastic bottles.