



Most brain development occurs from birth to age two, so babies and toddlers need stimulation as much as they need nourishing food. The best way to stimulate babies' brains is to talk to them more.

You don't need to be an expert to help your child

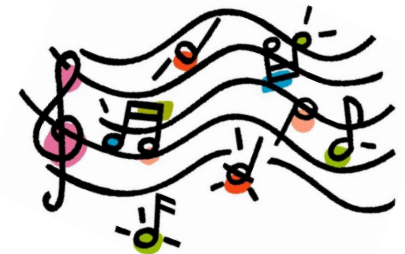
Call 07814377552 and a member of the A Better Start Southend Communication and Language team will be able to help you.
You can alternatively contact us via email at:
epuft.abetterstartadmin@nhs.net
For more information about all A Better Start Southend activities visit: www.abetterstartsouthend.co.uk/



Sing as we grow

NurseryRhymes

English and Bengali



Twinkle Twinkle Little Star

Twinkle twinkle little star,
How I wonder what you are?
Up above the world so high,
Like a diamond in the sky,
Twinkle twinkle little star,
How I wonder what you are?



Incy Wincy spider

Incy wincy spider, climbed up the wa-
terspout
Down came the rain and washed the
spider out,
Out came the sunshine and dried up
all the rain,
So Incy wincy spider climbed up the
spout again.



Happy and you know it

If you're happy and you know it clap your hands,

If you're happy and you know It clap your hands.

If you're happy and you know it and you really want to
show it, if you're happy and you know it clap your hands.

If you're happy and you know it stamp your feet, if you're
happy and you know it stamp your feet.

If you're happy and you know it and you really want to
show it, if you're happy and you know it, stamp your feet.

If you're happy and you know it nod your head, if you're
happy and you know it nod your head.

If you're happy and you know it and you really want to
show it, if you're happy and you know it nod your head.

If you're happy and you know it do all three, if you're happy
and you know it do all three.

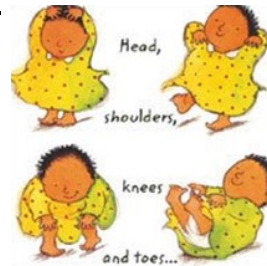


Head Shoulders Knees and Toes

Head shoulders knees and toes,
knees and toes.

Head shoulders knees and toes,
knees and toes.

Eyes and ears and mouth and nose.



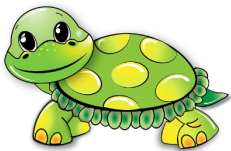
Tiny Turtle Tim

I have a little turtle who's name is tiny Tim,
put him in the bathtub to see if he could swim.

He drunk up all the water and ate up all the soap,
now he's lying in bed with a bubble in his throat.

Bubble bubble bubble

Bubble bubble bubble



Row Row Row Your Boat

Row row row your boat,
Gently down the stream.

(Gently down the River)

(Gently to the Shore)

Merrily merrily merrily merrily, Life is but a
dream.

Row row row your boat, gently down the stream.

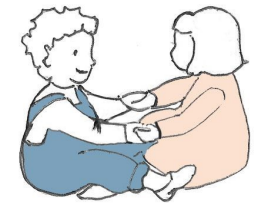
(Gently down the River)

(Gently to the Shore)

If you see a Crocodile don't forget to Scream -
"Ahhh"

(If you see a Polar Bear don't forget to Shiver - "Brrr")

(If you see a Lion don't forget to Roar - "Raaa")

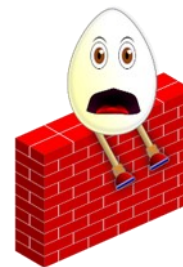


Humpty Dumpty

Humpty dumpty sat on the wall,

Humpty dumpty had a great fall.

All the kings horses and all the kings men,
Couldn't put humpty together again

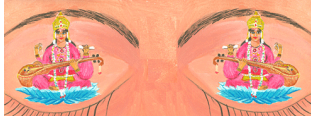


ফুলে ফুলে ঢলে (Phule Phule Dhole Dhole)

ফুলে ফুলে ঢলে ঢলে বহে কিবা মৃদু বায়,
তটিনী হিল্লোল তুলে কল্লোলে চলিয়া যায়
পিক কিবা কুঞ্জে কুঞ্জে কুহু কুহু কুহু গায়,
কি জানি কিসের লাগি প্রাণ করে হায় হায়!



ঘুমপাড়ানী মাসি পিসি



ঘুমপাড়ানী মাসি পিসি,
মোদের বাড়ি এসো।
খাট নাই পালং নাই,
চোখ পেতে বোসো।

বাটা ভরা পান দেব,
গাল ভরে খেও।
খোকার চোখে ঘুম নাই,
ঘুম দিয়ে যেও।

আইকম বাইকম তাড়াতাড়ি

আইকম বাইকম তাড়াতাড়ি
যদু মাস্টার স্বশুরবাড়ি
রেল কাম বামাবাম
পা পিছলে আলুর দম



হাতিমা টিম টিম

হাতিমা টিম টিম
তারা মাঠে পাড়ে ডিম
তাদের খাড়া দুটো শিং
তারা হাতিমা টিম টিম।



আতা গাছে তোতা পাখি

আতা গাছে তোতা পাখি
ডালিম গাছে মৌ।
এত ডাকি তবুও কেন
কওনা কথা বৌ?

কদম তলা

চাঁদ উঠেছে, ফুল ফুটেছে,
কদম তলায় কে?
হাতি নাচছে, ঘোড়া নাচছে,
সোনামণির বো।

