



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

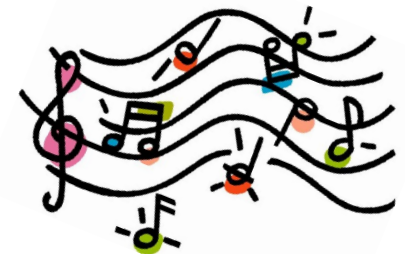
Call 07814377552 and a member of the A Better Start Southend Communication and Language team will be able to help you.
You can alternatively contact us via email at:
eputft.abetterstartadmin@nhs.net
For more information about all A Better Start Southend activities visit: www.abetterstartsouthend.co.uk/



Sing as we grow

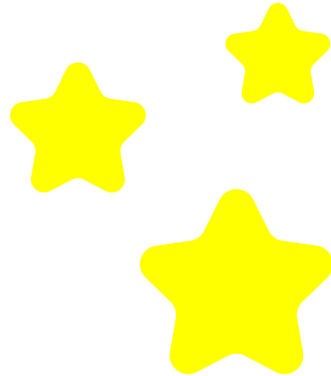
NurseryRhymes

English and Shona



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.

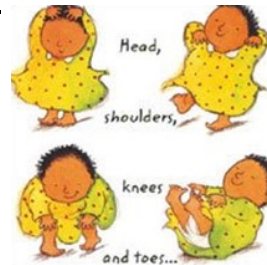


Head Shoulders Knees and Toes

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.

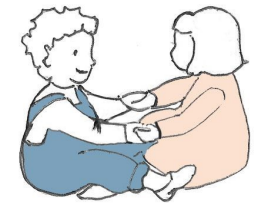
(Gently down the River)

(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





Guru ndiani

Guru ndiani jongwe
Guru ndiani jongwe
Ha jongwe guru
Ha jongwe guru

Kachembere ke gudo

Kachembere ke gudo
Kane vana vasere
kaifamba kachikwira mugomo
kaifamba mangwanani kachtsvaga zvekudya
kana koguta unonzwa koti yuwi
Yuwi kwenyu kwenyu (x2)
Yuwi kachikwira mugomo
kaifamba mangwanani kachtsvaga zvekudya



Amai



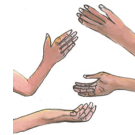
Baba



Chingwa



Dai



Sorida

(Verse 1)

1. Sorida, sorida
2. Ri-da ri-da

(Verse 2)

3. Da da da, da da da
4. Ri-da ri-da



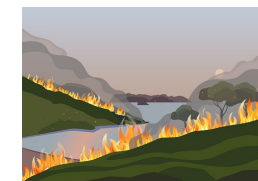
Mwoto mugomo

Mwoto mugomo
Dzimurai

Mwoto mugomo
Dzimurai

Mwoto mugomo
Dzimurai

Wadzima



Garai Pano

Garai pano
Garai pano
Garai pano
Ishe anouya

I ye nouya
I ye nouya
I ye nouya
Ishe anouya

