

PiggyBack Songs Will Carry You Along

Learning to be self-sufficient can take a long time. It is hard to have to remember those pesky steps. But an excellent piggyback song will carry you right along to success. Singing is a magical way to get children involved in daily routines. When you pair directions with favorite tunes, it adds fun and routine to your schedule! Don't worry if you don't have the tune exactly right - it's all new to them, and they will love that you are singing with them.

At-Home Activities: You can create your very own self-help songs.

- 1.) *Pick your target skill:* hand washing, getting dressed, brushing your teeth, whatever routine you are trying to get your child to do.
- 2.) Pick related phrases that you would give as directions.
- 3.) Choose a simple, familiar repetitive melody. Here is the tip of the iceberg:

Twinkle, Twinkle

The Bear Went Over the Mountain

Jingle Bells

Mary Had A Little Lamb

This Old Man

She'll Be Coming 'Round the Mountain

Muffin Man

4. Start with one phrase related to the skill. For instance, "Put toothpaste on your brush" could be exchanged for "The farmer in the dell," using the same tune. The next verse could be something like "Brush up and down and up." Please go through the whole routine step by step, or sing for the skills you want them to remember



Tips for Making Music with Toddlers

- Add your homemade songs to any self-help routine. Gestures like waving your fist up and down for brushing teeth or rubbing your hands together when you are singing about washing hands adds another dimension to help your child remember it.
- Speaking of remembering, if you come up with a great piggyback song, write it down!
- Sing the same song for each routine. Predictability is essential to young children; it makes them feel safe and a part of things.
- Here are two YouTube examples of piggyback songs to the tune of "This is the Way"

[This Is The Way | Kids Songs | Super Simple Songs - YouTube](#)

[this is the way we brush our teeth so early in the morning - YouTube](#)

