



SAVVY SINGING LITTLES

Little Lullabies

AGES 0 TO 12 MONTHS

A GENTLE SINGING GUIDE FOR PARENTS

by Savannah

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Hello, Grown-Up

Hi, I'm Savannah! This little guide is for **you**, the grown-up. Your baby isn't learning to "sing" yet, and that's perfect. At this age, singing is about love, bonding, and helping your baby fall in love with sound.

Your voice is your baby's favorite sound in the whole world, no perfect pitch required. Let's have fun making music together.

Savannah

BEFORE YOU BEGIN

You don't need any talent or training to do everything in this guide. If your baby can hear your voice, you already have the only instrument that matters. Keep sessions short and gentle, and always follow your baby's mood.

WHAT YOU'LL NEED

- Your **voice** (the only must-have!)
- A calm, comfy spot to cuddle
- Optional: a few soft **rattles or shakers** for rhythm
- Optional: gentle **lullaby music** to sing along with

Why Singing Matters for Baby

Singing to your baby does so much more than soothe. Hearing your voice helps your baby's brain build the early pathways for language, rhythm, and emotion. Babies are listening and learning long before they can talk.

Singing also calms. A familiar lullaby can lower stress for both of you, ease fussiness, and signal that it's time to rest. Best of all, it deepens your bond, your baby learns that your voice means comfort, safety, and love.

It builds language

The rhythm and melody of songs help babies hear the patterns of speech, laying the foundation for talking later.

It soothes and calms

A steady, soft song helps regulate your baby's heartbeat and breathing, and yours too.

It bonds you together

Eye contact and a gentle voice tell your baby they are safe, loved, and not alone.

It invites response

Even tiny coos and wiggles are your baby "singing back." That back-and-forth is the very start of conversation.

WORDS TO KNOW

Cooing. the soft "ooh" and "aah" vowel sounds babies make in the early months.

Babbling. repeated sounds like "ba-ba" or "da-da" that usually begin around 6 months.

Call-and-response. you make a sound, baby answers, the gentle game that builds conversation skills.

Lullabies & Calm Sounds

Lullabies are slow, repetitive, and gentle on purpose, that predictability is exactly what helps a baby settle. You don't need to know fancy songs. Humming a steady tune works beautifully.

Keep your volume soft and your tempo slow. Rock or sway in time. The goal isn't a perfect performance, it's a calm, loving sound your baby learns to recognize.

CALM-TIME CHECKLIST

Soft and slow is the secret. Babies love hearing the same song again and again, it feels safe.

- ☐ Pick one or two lullabies and repeat them often
- ☐ Sing softly, just above a whisper
- ☐ Keep a slow, steady, rocking rhythm
- ☐ Hum if you forget the words, baby won't mind
- ☐ Hold baby close so they feel your chest vibrate
- ☐ Dim the lights for sleepy-time songs
- ☐ Watch baby's cues and stop if they need a break

A LITTLE TIP

Your heartbeat and chest vibrations are deeply comforting to your baby. Holding them close while you hum is one of the most calming things you can do.

Playful Sound Games

When your baby is awake and alert, singing can be playful too! Bright, bouncy songs with gentle movement help your baby connect sound with joy and motion. Smile, make eye contact, and let your face be as expressive as your voice.

PLAYTIME SOUND GAMES

Follow baby's lead. Big smiles and happy sounds mean keep going; turning away means it's time for a rest.

- ☐ Sing your baby's name in a happy little tune
- ☐ Copy the sounds your baby makes, then wait for them to answer
- ☐ Try gentle bouncing songs on your lap
- ☐ Use a soft shaker to keep a simple beat
- ☐ Make silly happy sounds: "boo!", "wheee!", "la-la-la"
- ☐ Clap softly along to the rhythm

There is no wrong way to do this. If you and your baby are smiling, you're doing it exactly right.

Growing With Your Baby

Your baby's "musical" responses grow as they do. In the early months, they mostly listen and calm to your voice. Around 3 to 4 months, you may notice cooing back. By 6 months and beyond, expect babbling, giggles, and even little bounces to a beat.

There's no schedule to keep up with, every baby is different. Just keep singing, keep responding, and enjoy watching them light up.

WHAT TO NOTICE AS BABY GROWS

1

0 to 3 months

Baby calms and turns toward your voice. Keep songs soft and frequent.

2

3 to 6 months

Listen for coos and "ooh" sounds. Coo back, it's their first duet!

3

6 to 9 months

Babbling begins ("ba-ba," "ma-ma"). Repeat their sounds and add simple songs.

4

9 to 12 months

Expect bounces, claps, and joyful sounds to music. Make it a daily playtime.

WHEN THEY'RE READY

Next: Sing & Play (Ages 1 to 6)

As your little one grows into a toddler, our Sing & Play guide turns singing into giggly games, nursery rhymes, and first songs.

EXPLORE SING & PLAY