



SAVVY SINGING LITTLES

Little Lullabies Checklist

AGES 0 TO 12 MONTHS

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DAILY SINGING WITH YOUR BABY

by Savannah

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Daily Bonding

Your voice is your baby's favorite sound. No perfect pitch needed!

- ☐ Sing or hum to baby during cuddles
- ☐ Sing softly during feeding time
- ☐ Make gentle eye contact while you sing
- ☐ Repeat the same little tune each day
- ☐ Hold baby close so they feel your chest
- ☐ Sing your baby's name in a happy tune

Calm & Sleepy Time

Slow and soft is the secret. The same lullaby every night feels safe.

☐ Pick one lullaby and repeat it nightly

☐ Sing just above a whisper

☐ Keep a slow, rocking rhythm

☐ Dim the lights for sleepy songs

☐ Hum if you forget the words

☐ Sway gently in time with the song

Playful Awake Time

Big smiles mean keep going. Turning away means time to rest.

- ☐ Copy the sounds baby makes, then wait
- ☐ Try gentle bouncing songs on your lap
- ☐ Use a soft shaker for a simple beat
- ☐ Make happy sounds: boo, wheee, la-la
- ☐ Clap softly to the rhythm
- ☐ Smile big and be expressive

Sound Discovery

Babies learn by listening long before they talk.

- ☐ Sing in different gentle voices (high, low)
- ☐ Play soft music and sing along
- ☐ Name sounds you hear together
- ☐ Coo back when baby coos
- ☐ Tap a gentle beat on a soft surface
- ☐ Let baby touch a safe shaker

LEARN MORE

Get the Little Lullabies eBook

This checklist is just the start. The full Little Lullabies guide explains why singing helps your baby grow, plus month-by-month tips.

GET THE EBOOK