



Connect Before You Expect

Transitions can be challenging for little ones. One simple and fun way to make transitions easier is to connect with your little one with a sweet song or verse. This practice invites you to pause, to share a moment of total presence with your child and connect heart to heart. Bringing depth and joy through the day strengthens your relationship with your child, offers a slower pace of daily life and supports a calm and sunny mood for parenting. Give it a try and see how transitions may get a bit easier...for both of you.



Waking Up

Good morning, dear earth
Good morning, dear sun
Good morning, dear stones
And the flowers, every one
Good morning, dear bees
And birds in the trees
Good morning to you,
Good morning to me

Meal Time



Blessings on the blossoms
Blessings on the roots
Blessings on the leaves and stems
Blessings on the fruit

Changing Diapers and Clothes



Drip drip droppoly on your topoly
Drip drip droppoly on your nose
Drip drip droppoly on your toes
Drip drip droppoly wet all goes
~By Wilma Ellersiek

Bedtime



Now the sun has gone to bed
The stars shine brightly overhead
Into its nest the bird will sleep
Into its home the snail will creep
Children now no more will roam
It's bedtime now, we're safe at home
Goodnight, my love