

**Preschool Education Site**  
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“Songs for Your Busy Day” CD has 8 songs for children to listen to that provides cues for doing activities that are a part of their daily routine. The songs are in order of typical daily activities, starting with "Get Up" and ending with "Sleep". Each song is focused on one activity and provides motivation for the child to do the task along with gentle reminders about how to do the tasks.

Preschoolers respond well to music and love to sing. Songs are used regularly to cue children in preschool to clean up or transition to a new activity so having a CD of songs that follow a general day can be helpful for children and caregivers.

“Get Up” is a nicely paced, upbeat song that gives a positive outlook on waking up. The song goes over a typical morning routine, including washing faces, brushing teeth and eating breakfast with out focusing on these details. Rather the primary focus of “Get Up” is on getting a great day started.

“Get Dressed” is a fun song that encourages kids to get dressed while gently reminded them of what type of clothes is appropriate. The song puts a fun spin on getting dressed. By the second time your child will be dancing around when getting dressed.

“Eat” is very catchy up beat song that reminds preschoolers to “*Chew, chew, chew, til you are through.*” My son and I both really enjoyed the fun lyrics. I loved that it went over the food groups and reminded kids to eat them all.

“We're Going”

I love “We're Going” by far this is my favorite song. The words and beat are a perfect combination to motivate dawdlers and get them out the door. The song explains what is going to happen and what is expected when getting into the car.

“Clean Up”

“Clean Up” is a gentle and persuasive song that encourages kids to clean up. This song is different from most other clean up songs because it addresses small details that are often neglected, such as puzzle and game pieces.

“Let's Take a Bath”

I have found that kids tend to either not want to get into the bathtub or not want to get out. “Let's Take a Bath” is a very simple song that explains everything that is going to happen, including getting out. Again, the focus of “Let's Take a Bath” is to have fun while doing a routine task.

“Brush your Teeth”

Preschoolers in generally are not the most efficient when it comes to oral hygiene because they either do



not remember all the teeth or they do not brush long enough. “Brush You Teeth” not only has a catchy beat but the words provide instructions on how to brush teeth. The song is long enough that preschoolers can brush along and know that they can stop when the song is done. An added plus is a verse about visiting the dentist.

“Sleep”

“Sleep” is a slow and gentle song that soothes and comforts. A great lullaby for the kids who are too big to be rocked and sung to by mom or dad.

My son loved the CD and all the songs. While listening in the car he would request his favorite songs. The songs are not only fun to listen to, but provide gentle cues and explanations about what is going to happen and what they should be doing.

I highly recommend “Songs for Your Busy Day” for anyone who is trying to motivate preschoolers to do these daily activities.

Visit [Music by Mommies](http://Music by Mommies) for more information on "Songs for Your Busy Day".