

**CARNEGIE HALL**  
Weill Music Institute

# Lullaby Project Journal

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**Name**

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# Welcome to the Lullaby Project!

Traditionally a lullaby is a soothing and repetitive song used to comfort young children and help them fall asleep. These songs are sung in cultures around the world and can be written in many different forms and styles. Lullabies are often passed down from generation to generation.

You are invited to work with musicians to create your own special song for your child. This is an opportunity to express your love, hopes, and dreams through music. You can write the lyrics, pick the musical style, choose the language it's in, and sing it on a recording.

Let's get started!






# About My Baby

Words to Describe My Baby

Nicknames for My Baby

Favorite Things about My Baby



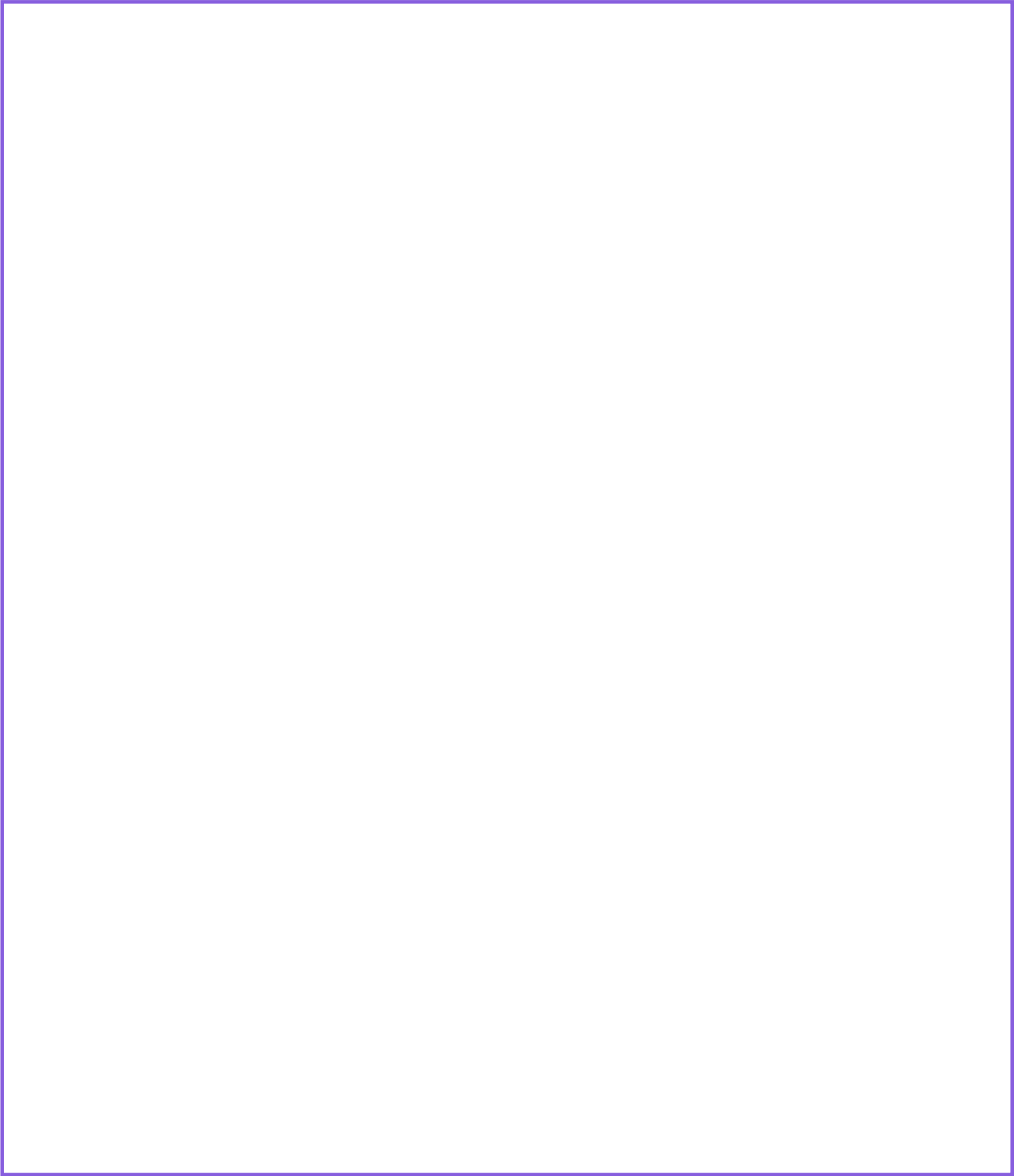
Tell the story of a special moment you've shared with your child.  
It could be a story from your pregnancy, an adventure you've had,  
or an activity you do together.



# Write a Letter to Your Baby

Imagine your baby in the future, as a young adult. Your child finds a letter you wrote about your hopes and dreams for him or her. Imagine your child keeps this letter for inspiration and guidance throughout life. What would your letter say?

Dear \_\_\_\_\_,





## Write the Lyrics

Use the letter you wrote as a place to begin, and write the lyrics for your lullaby.



# What Does the Music Sound Like?

The music of your lullaby can match the feelings you express in your lyrics. Circle the words below that describe the overall mood and sound of your lullaby, and add any other words that might be missing.

Slow

Sad

Sleepy

Fast

Sweet

Comforting

Bouncy

Loving

Thoughtful

Funny

Rhythmic

Safe

Playful

Energetic

Quiet

Happy

Soothing

Peaceful

Does your lullaby fit a certain musical style (e.g., R&B, jazz, folk, ballad, salsa)?

Is there a song you would want your lullaby to sound like?



# Record Your Lullaby

**Write a Dedication:** Write a short dedication to your child, and record it at the beginning or end of your lullaby.

Congratulations! You have written a lullaby. Make sure you get the recording from the artist you worked with today.

You can listen to the lullabies other parents have created by visiting our SoundCloud page at [carnegiehall.org/lullabies](https://carnegiehall.org/lullabies). Your song may be posted online as well, and you can share it with friends and family.

# Sing to Your Baby

Your baby loves to hear your voice, and the more words you sing to your baby, the better you two can bond. Research shows that singing songs will also help support your baby's brain development and language skills. Here are some ways you can continue to use your lullaby:

- Take time to look into your baby's eyes and sing directly to him or her. You can do this at bedtime, at bathtime, at playtime, during family visits, and even during many kinds of daily activities, like riding the subway, doing laundry, and taking a walk.
- Singing the same song over and over can help calm your baby and provide feelings of safety.
- Sing a song you remember, or make up new words to a song you know.
- Is your baby being fussy? Singing silly songs or making silly sounds can help get your baby's attention.
- Here are some topics you can sing about to your baby:
  - Your baby's name
  - The names of people who love your baby
  - Your baby's favorite toy
  - Dreams and wishes
  - Nature (e.g., stars, moon, animals)
  - What did you and your baby do today? What will you do tomorrow?
  - Your favorite things to do together
  - Things you love about your baby

Visit [talkingisteaching.org](https://talkingisteaching.org) for more resources about the benefits of talking, reading, and singing to your baby.

Developed in partnership with





[carnegiehall.org/lullaby](https://carnegiehall.org/lullaby)