

Smart Start Birth & Beyond

J SOOTHING

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- 5. Twinkle, Twinkle Little Star
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J PLAY TIME

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SPANISH VERSIONS

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Starting babies and young tots off with playful songs and age-appropriate activities helps them move their limbs, get in tune with their senses, learn how their body works, and bond with a parent, sibling, or caregiver. Babies respond to a soothing voice, soft caresses, gentle rocking, a shaking rattle, tickling belly blows, soft claps, songs about their care, and simple adult-assisted activities. These songs soothe and reassure, awaken early humor, encourage gentle care and interaction, boost early language skills, and give young ones a smart start. When do we begin building the adult-baby connection? We start NOW! Includes (10) Spanish versions of select songs.

Approx. Running Time: 49 minutes Recommended from birth through the first years

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A NOTE ABOUT MUSIC

Music is one way to expose young children to a wide variety of tastes, smells, textures, colors, and sounds experiences that can forge more pathways between the cells in their brains. Just listening to music can make these connections, but the biggest impact on a child comes when he or she is interacting with a caregiver and actively engaged in musical activities. You don't have to carry a tune to sing to a baby. Make up your own easy songs, and use the baby's name when you sing. Either way, you will want to repeat, repeat, and repeat!

Normal child development tends to follow a certain pattern, but all babies and tots develop at different paces. If you are concerned about a baby's development, talk to your baby's doctor.

• Music can grow with a child by simply changing the moves. When you see this symbol, we will have suggestions on how to use the songs for children who are transitioning into and through the tot stages.

~~ SOOTH ~~

From birth & beyond, babies are biologically primed to respond with pleasure to the human voice and to human touch. Use soft caresses, kisses, crooning, a rocking motion, gentle pats, humming, and simple, repetitive songs with soothing tempos to reassure a baby that someone is there who cares. Babies that become fussy or irritable when engaged by activities and social interaction may need a break from over stimulation. Calming songs are good for all young children, and songs that are familiar from birth seem to have the best results.

1. Ma, Ma, Ma, Me

Sing baby's first vowel sounds. From birth, a baby will begin by quieting when a voice is heard, then visually searches for sounds, moves into vocalizing, and then at around 6 months might be saying one-syllable sounds like "ma", "mu", "da", and "di." Repeating the sounds a baby makes can help teach a baby about tone, pacing, and taking turns in two-way conversations. A baby is



1. Ma, Ma, Ma, Me ~ Continued

comforted and quieted by a caregiver's voice. Knowing that a caregiver will respond can build and restore trust.

Ma Ma Ma Mee	Ma Ma Ma Mee
Ma Ma Ma Mee	Ma Ma Ma Mee
Da Da Da Dee	Da Da Da Da
Da Da Da Dee	Da Da Da Da
Ba Ba Ba Ba	Ba Ba Ba Ba
Ba Ba Ba Ba	Ba Ba Ba Ba
Na Na Na	Goo ga ga
Na Na Na	Goo ga ga

2. My Touch

Touch, kiss, caress, hug, and massage a baby to show that you are there, and that you care. Research has also proven that gentle, loving touches can help with brain and body development, promote better eating and sleep habits, lower stress, and increase circulation. Taking time out for a gentle massage also encourages a caregiver to slow down, and build a bond that lasts long after infancy ends.

There's nothing like me touch on ye Me cheek on ver warm skin There's nothing like me holding ye Tucked here, beneath my chin

I cherish all me time with ye Since yer first days began There's nothing like me touch on ye Me cheek on yer warm skin

Oh little one, I'll be right 'ere To hold ye safe and warm Awake or while yer dreaming I'll keep ye from all harm

There's nothing like me touch on ye Me kiss on yer soft skin There's nothing like yer tender coo From innocence within

What miracle ye are to me Since yer first days began There's nothing like me touch on ye Me kiss on yer soft skin

Oh little one, I'll be right 'ere To hold ye safe and warm Awake or while ver dreaming I'll keep ye from all harm

3. You are My Sunshine

Sooth a fussy baby with a steady, easy rocking motion, humming, warm hugs, gentle rhythmic patting, and soft touches.

You are my sunshine. My only sunshine. You make me happy, when skies are gray. (Rock gently - soft pats on the back) your baby that you will return. You go wherever I go I go wherever you go If you are here Then I am here And that's the way it goes

> But sometimes I'm without you And sometimes you're without me I'm always near I'll come get you So have no fear

You'll never know, Dear, how much I love you.

You are my sunshine. When you're unhappy I rub your back here A gentle way I hum in your ear Talk softly to you

The other night, dear, as you lay sleeping, I touched your cheek here,

Awake or sleeping, crying or dreaming,

a gentle way.

4.

Please don't take my sunshine away.

I find just the right words to say

(Gently stroke baby's cheek)

I am here for you now and always

You Go Where I Go

It is normal for a baby to develop separation anxiety,

with strange situations and eventually learn that

crying and clinging to a caregiver who tries to leave them

and resisting attention from others. But as babies grow older, they acquire the language and social skills to cope

separation is not permanent. Be patient. Do your best to

transition a baby into a new environment, and assure

You'll miss me And I'll miss you And that's just how it goes

You'll be doing something new And that is how you grow You go wherever I go I go wherever you go If you are here Then I am here

5. Twinkle, Twinkle Little Star

Familiar songs that are sung or hummed by parents and caregivers help sooth a baby in any environment. Share a baby's favorite songs with caregivers.

Twinkle, twinkle, little star, How I wonder what you are. Up above the world so high, Like a diamond in the sky. Twinkle, twinkle, little star, How I wonder what you are.

What a special child you are. You're my diamond, you're my star. Hugging you makes all things right. Lots of kisses, day and night. What a special child you are. You're my diamond, you're my star.







6. Duermate

A 4-minute soothing song to encourage sleeping or resting, sung in Spanish with acoustic guitar accompaniment.

Duermete (Sleep) Duermete mi nino (Sleep little one) Es tiempo de cerrar tus ojos (It's time to close your eyes) Duermete (Sleep) Duermete mi nino (Sleep little one) Llego' el tiempo para descansar (The time for rest has come) Dulces, dulces suenos (mi nino) (Sweet, sweet dreams)



Duermete sin temor (Mi nino) (Sleep without fear) Piensa en las cosas buenas (Think of good things) Sobre tu vida (about your life) De espacios suaves (of soft spaces) De lugares tibios (of warm places) De cosas que te hacen sonreir (of things that make you smile) Del sol y la luna (of the sun and the moon) Del mar y el cielo (of the sea and the sky) De los pajaros que vuela (of the birds that fly by)

Manana es un nuevo dia (Tomorrow is a new day) Cuando tu despiertes, yo estare' aqui. (When you wake up, I will be here)

~~ FREE PLAY ~~

It is important for babies to play and interact with their caregivers. Physical activity helps them develop their muscles and encourages them to explore all that is new. There is also evidence that this interaction and active music experiences can enhance brain development. Newborns should be engaged in gentle, soothing, ageappropriate activities that appeal to the senses of sight, hearing, and touch. The younger a baby is, the more adult -performed or adult-assisted play the baby will need. For babies between 3 and 4 months, laying securely in a caregiver's lap is a great place to combine soft music and gentle movement together.

From 6 months and up, babies and tots still need the support, but also become stronger and more independent as they learn coordination, balance, and control. A caregiver's role is to attend to a child, model behavior, and build on the young child's attempts - giving him successes one small step at a time. Use discretion and common sense when introducing new activities as babies grow from birth and beyond.

7. Something's in My Hand

As early as 2 months old, a baby begins visually searching for sounds. Attach a child-safe rattle around a baby's wrist or ankle, allowing them to shake things up and make a noise that will draw their attention. When babies can open and shut their hands and start moving their hands to their mouths, they are ready to clutch a child-safe rattle or soft toy in their hand. ► Developing tots will enjoy instruments they can shake and control like bells, rattles, or shakers. Banging on plastic bowls and pots with wooden spoons is also popular. Older tots will enjoy walking or dancing with instruments like tambourines, rain sticks, or shakers in hand—and squeezing toys that emit a noise.

Something's in my hand When I move it rattles Something's in my hand When I move it rattles

I can hear the rattle, Hear the tinkle Hear the chime And it's all mine



Something's on my foot When I move it rattles Something's on my foot

When I move it rattles I can hear the rattle, Hear the tinkle Hear the chime And it's all mine

8. Peekaboo

Peekaboo, I see you Peekaboo, you see me too Peekaboo, peekaboo I cover my face, then peek at you Peekaboo, peekaboo Peekaboo, peekaboo Peekaboo, you see me too Peekaboo, peekaboo I hide my face, then peek at you Peekaboo, peekaboo Peekaboo, peekaboo

9. Ten Little Fingers

Touch and wiggle a baby's fingers and toes while counting each one out loud from 1-10 each time. Count out loud while describing different things in a baby's world. ► Tots touch and wiggle your fingers as you count and will eventually you will be counting together.

- 1 little 2 little
- 3 little fingers
- 4 little
- 5 little
- 6 little fingers
- 7 little
- 8 little
- 9 little fingers 10 little tiny fingers

10. Reach

Around 2-months of age, a baby begins visually searching for sounds, and will soon develop the ability to follow a moving object with his eyes. Encourage hand-eye coordination by letting a baby reach for favorite toys that make sounds while sitting in your lap, or swat at colorful mobiles or toys





1 little

2 little

4 little

5 little

7 little

8 little

3 little toesies

6 little toesies

9 little toesies

10 little tiny toesies

that are held overhead. Reaching activities are great for a little bout of "tummy time" to help build the neck and core muscles, and prepare a baby for crawling. ► Developing tots will enjoy reaching and grabbing a moving object, or tossing and retrieving the same object repetitively.

Look! Look! Reach up and get this And, Look! Look! Reach over get that Oh, Look! Look! You know you want it So, reach out and grab with your hands

Tight, tight Hold it like this, you see Tight, tight Hold it like that, that's right Tight, tight Try not to drop it. Just hold on real tight with your hands

Repeat Chorus

These little hands Are amazing, you see They can reach out and take They can hold onto me They can touch on my nose They can pat on my cheek They can reach out and take what you seek

Zerbert

11. Here Comes a

Tickling a newborn infant might be distressing, newborns can be very sensitive to too much stimulation. But older babies think it is funny when you make silly noises by gently blowing on their belly or back (Zerberts). The friction tickles, and the silly noises make them laugh. ► Tots roll and wiggle while laughing, and try to get away. Tell them which body parts the Gurple is going to visit, and then blow a Zerbert there.

Here comes a gurple On your belly's twurple It's blowing a zerbert (blow) Did you see it?

back again (blow) (blow) (blow)

And go now

Go away you gurple

Get off of that twurple

You take all your zerberts

Here comes a gurple On your belly's twurple It's blowing a (blow) Over here

Go away you gurple Get off of that twurple It's..... (blow) (blow)

12. Pat-T-Pat

In a laying position, hold a baby's hands to assist with the motions: pat on different body parts, clap hands, and touch here and there. Tell the baby where you are patting, and what you are touching. When a baby has more control of his body, he can have gentle, supported bounces to the rhythm on a caregiver's lap or knees while moving through the song. Bouncing helps young ones learn to physically balance, and good eye-to-eye contact makes for a wonderful social experience.

► Developing tots will eventually learn to perform the moves on their own. Let them select which body part they

will pat on, and where they will touch. Name those parts as you move.

Pat-t-pat	Bicycle peddle
Pat-t-pat	Bicycle peddle
Clap, clap, clap	Just like that
Clap, clap, clap	Just like that



Here I go rolling

Since I am older

Pushing right up,

over and down

Back to tummy

Tummy to back

Back to tummy

and tummy to back

13. Here We Go Rolling

Gently and playfully roll and pump a baby's hands and arms around, or bicycle peddle his feet. Sit with a baby securely in your lap and rock side-to-side or front-toback. Between 4 and 6-months, a baby begins to push himself over to his side, and eventually from front -to-back. Encourage this movement by giving a baby something to reach for. ► Caregivers can roll on left-to -right on their backs while holding a tot aloft. Tots can also Tootsie roll over and over on their own, roll their fists around and around each other, or lay back and try to bicycle peddle their hands or feet in the air.

Here I go rolling Here I go rolling Pushing, pushing, over, around

Here I go rolling Since I am older Pushing right up, over and down

Pushing my body from tummy to back

14. See Me Swaying

Swaying is a vestibular stimulation that helps babies master movement through space. Stand with a baby securely in hand and sway side-to-side, or forward and back. The same can be done with the baby sitting in your lap. It is also a great time to take a baby's hands and arms up and over in a sweeping rainbow motion from left to right. ► Developing tots can stand up to rock and sway while supported by an adult's hands, or even while standing on an adult's feet. They also enjoy a gentle tick-tock swing in an adult's secure hands.

Have you ever seen me swaying swaying, and swaying? Have you ever seen me swaying off this way, and that?

Sway this way, and that way And this way, and that way Have you ever seen me swaying off this way and that?

Have you ever seen me swaying swaying, and swaying? Have you ever seen me swaying forward and back ?

15. We Are Swaying ~ Continued





Sway forward, and backward and forward and backward Have you ever seen me swaying forward and back?

15. Your Arms Are Open

With a baby seated securely in an adult's lap, hold his hands to guide him through the song: Open arms, close arms, touch hands, touch nose, touch tummy, touch knees, clap. Then arms are up, arms are down,

arms are moving all around, touch hair, clap hands. Yeah! ► Developing tots will eventually learn to perform the moves on their own, and you can advance to other body parts.

Your arms are open Your arms are closed I touch your hands here You touch your nose

Your arms are up here Your arms are down Your arms are moving moving around

You touch your tummy You touch your knees You clap your hands to This gentle beat

You touch your hair, dear So soft and sweet Your clap your hands to This gentle beat

16. Fly, Fly (To

"Swing Low, Sweet Chariot)

Once a baby has developed strong head control, hold on tight and gently raise the baby overhead. Bring the baby in closer, make funny expressions and silly noise, and then press the baby high overhead again, repeating this action. ► In a standing position, with a tot held securely in your hands, sway him side-to-side, up and down, or around in a circle. Support a tot securely in your hands and arms, and with your legs spread eagle, swing the tot smoothly between your legs.

Fly, fly

Fly, fly

My sweet, sweet child

My sweet, sweet child

Down from way up high

You're safe in my hands

My sweet, sweet child

My sweet, sweet child

On that you can rely

Fly, fly way up high

I hold on tight

Fly, fly way up high

Fly, fly My sweet, sweet child Fly, fly way up high Fly, fly My sweet, sweet child Down from way up high I'll take you up And bring you down Down from way up high I'll fly your body All around Fly, fly way up high

Instrumental break

~~ CARE ~~

Gentle care and attention are important in a baby's emotional and physical development. Telling babies what you are doing while you do things, the



clothes you are putting on, the parts you are bathing, and the things that surround them, will help them learn about their environment.

17. Toot Toot

Food preferences are established early in life so help your child develop a taste for healthy foods early. As babies transition into eating solids, make eating a fun experience using sing-song chants. As the utensil swoops in toward the mouth, use fantasy moves to make eating interesting and encourage a baby to open his mouth.

Aside from eating, babies can be assisted to mimic the chug-chug movements of a train by making gentle circles with arms or legs. ► Tots can ride on a caregiver, crawl, follow the leader, line up, and/or practice motor skills. "Toot! Toot" off you go!

Here comes the train Bringing a load for you, YOU! Here comes the train Bringing a load for you, YOU! Here it comes!



18. Off Goes the Dirty Diaper

Babies will require a diaper change about 7000 times over a 2 year period. This leaves plenty of opportunities to touch, gently massage, interact, play, talk about body parts, describe what you are doing, talk about the clothes you are putting on, chant, and sing silly songs. Make something up, and don't forget to use a baby's name as often as possible when interacting.

It's time to change your diaper Something stinky winks It's squishin' and a squashin' Down in there, I think

Squish squish I make a funny face Cause it's a smelly place Pee Yew We'll grab another diaper For you, just in case

Off goes the dirty diaper Dive in for a wipe Zooooommm The slippin' and a sloppin' Makes you clean and nice Squeak, squeak I wipe your bum down under And your bum up top Then toss the dirty wipies With a big KERPLOP! Kerplop!





19. Splish Splash

Make sure the baby is comfortable. Don't rush, and don't get distracted. Start at the head and gently work your way down a baby's body. Talk about the parts you are washing. Use the baby's name in a soothing voice.



When a baby is in the bath, provide squeeze toys, cups and containers to splash with, AND constant supervision. Never leave a child unattended!

Splish, splash x 3 Splish, splash, splash Suds are in your hair Splish, splash

Splashing on your toes Splish Splash Scrubbing high and low Splish, splash, splash

Scrubbing here and there Splish, splash, splash Suds are on your nose Splish Splash Suds on your elbows Splish, splash, splash

Then I rinse you When you're dry then We'll be all through Scrubbing on your knees Splish Splash

And your stinky feet

Splish, splash, splash

First I wash you

First I wash you Then I rinse you When you're dry then We'll be all through

Splish, splash x3 SPLASH!

20. Snuggle Bug

Cocoon the baby in a soft towel. As you dry off softly, sing, hum, or talk about the different body. A warm bath every evening helps a baby relax, and is a wonderful prelude to bedtime. Establish a routine. When dressing a baby, talk about the clothes and the actions you are taking

Snuggle bug I dry your little face Head to toe I'll dry you every place Lift your chin, I dry you under there Snuggle bug, I rub to dry your hair

I dry the parts we cleaned Over, under, in between I can't forget your little arms Drying makes your body nice and warm

Snuggle bug I dry your little chest You're all wet, can't stop and take a rest Snuggle bug, I dry your over here Got your top, now gonna dry your rear

Snuggle bug, I dry your little back Top and bottom, with gentle pats I've got to dry you all around. On your legs, I dry you right on down

Snuggle bug I dry your little toe At your feet, I finish, don't you know Used a towel, and soaked up every drop

You're all dry, now time for us to stop

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21. Andante Sentimental

A 4-minute acoustic instrumental guitar solo for calming and soothing a child.

~~ Spanish Versions ~~

22. You Go Where I Go

Tu vas adónde yo voy Yo voy adónde tú vas Si estás aquí Estoy aquí Ya si es como es

Hay veces estoy sin ti Hay veces estás sin mi Yo vendré por ti Asi, no tengas miedo

23. Something's In My Hand

Algo está en mi mano Cuando lo muevo *ZUMBA*

Algo está en mi mano Cuando lo muevo ZUMBA

Puedo oír que zumba Oigo el tilín Oigo el carillon Y todo es miyo

Algo está en mi pie Cuando lo muevo *ZUMBA*

24. Ten Little Fingers

Hmm.... voy a contrar tus

deditos Uno, dos y tres deditos quatro cinco, seis deditos siete, ocho

25. Reach

¡Mira! ¡Mira! Estirate' y agarra esto

¡Mira! ¡Mira! Ahora, agarra eso

¡Mira! ¡Mira! Sabes que lo quieres Tomalo con tus manos

EstáS manitas son increíbles , lo ves Pueden tomar Pueden alcanzar Pueden tocar la nariz Pueden tocar la mejilla Pueden tomar lo que tu quieres

Me extrañaras Y te extrañaré Estarás haciendo nuevo Ya si es como es

Tu vas adónde yo voy Yo voy adónde tú vas Si estas aquí Estoy aquí Ya si es como es

Algo está en mi pie Cuando lo muevo *ZUMBA*

Puedo oír que zumba Oigo el tilín Oigo el carillon Y todo es miyo



Nuevo deditos diez deditos en las manos

Uno, dos Y tres deditos Quarto, cinco seis deditos Siete, oocho nuevo deditos diez deditos en los pies

Aprietalo, aprietalo Detenlo, asi *(Don't stop)* Aprietalo, aprietalo Detenlo, asi

Aprietalo, aprietalo Trata de no tirarlo

No más detenlo (*Don't stop it*) ¡Apretado! (*Tight!*) Estás manitas son incredibles, lo ves

25. Reach ~ Continued

Pueden tomar Pueden alcanzar Pueden tocar la nariz Pueden tocar la mejilla Pueden tomar lo que tu quieres

~ Interlude ~

26. The Zerbert

Aquí viene un gurple En tu pansita Esta soplando Lo mirasté?

Aquí viene un gurple En tu pansita Esta soplando*blow* Aquí

Véte de aqui gurple Bájate de la pansita Es.....blowblowotra vez

28. Fly Fly

Vuela, vuela Mi dulce nino Vuela hace arriba

Vuela, vuela Mi dulce nino Baja de arriba

Te levantaré Y te bajaré Baja de arriba

Te volaré alrededor Vuela hace arriba

~ Interlude ~

28. Your Arms are Open

Tus brazos están abiertos (open) Tus brazos están cerrados (closed)

Toco las manos aquí Tocas la nariz (nose) Tocas la barriguita (tummy) el vientre (belly) Tocas las rodillas

Aplaudes a este golpe sencillo (simple) apacible (gentle, soft)

Tus brazos están arriba



~ Interlude ~blowblowblow

Véte de aqui gurple Bájete de la pansita Llevaté tus zerberts



Vuela, vuela Mi dulce nino Vuela hace arriba

Vuela, vuela Mi dulce nino Baja de arriba

Estás seguro en mis manos Vuela hace arriba

Yo te quidaré Mi dulce nino De eso esta seguro



Tus brazos estan abajo

Están moviendo Alrededor Tocas tu pelo (hair)

Suave y dulce

Aplaudes a este golpe sencillo (simple) apacible (gentle, soft)

28. Toot Toot

TOOT, TOOT TOOT, TOOT

Viene el tren TOOT TOOT Trayendo algo bueno, para ti

Viene el tren TOOT TOOT Trayendo algo bueno, para ti

29. Splish Splash

Splish, splash x3 Splish, splash, splash

Jabón en tu pelo (hair) Splish, splash Tallendo aqui y alla Splish, splash, splash

Jabón en tu nariz (nose) Splish, splash Jabón en tus codos (elbow) Splish, splash, splash

Primero te lavo Después ten enjuago Cuando estes seco <u>entonces</u> terminamos

Agua en tus deditos (fingers/toes) Splish Splash Tallando arriba y abajo (Scrubbing/cleaning)

30. Snuggle Bug

Snuggle bug, te seco la carita De cabeza a los pies, por todas partes

Levanta la piocha, alli te secare' Snuggle bug, el pelo te secare'

Te seco lo que limpie' Por encima, por debajo, y intermedio

No puedo olvidar tus brazitos Para que estes calientito

Snuggle bug, te seco tu pechito No hay tiempo de descansar

Snuggle bug, te seco aqui Encima del cuerpo, y tus pompis

Te seco tu espalda Arriba y abajo, con carino

Te seco por todas partes Tus piernitas, abajo de los piesitos

Snuggle bug, te seco los deditos A tus pies, yo termino

Usando una toallita para secarla Ya estas seco, es tiempo de terminar



TOOT TOOT Hay viene, el tren



Splish, splash, splash

Primero te lavo Después ten enjuago Cuando estes seco <u>entonces</u> terminamos

Tallando en tus rodillas (knees) Splish, splash Y en tus patitas (little legs) Splish, splash, splash

Splish, splash x3 SPASH



~~ CREDITS ~~

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A Special Thank You.... Keyboard Arrangement of "You Go Wherever I Go": by Julia Gurfinkel (age 9)

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Thank you for listening, and

welcome to the CLUB!

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