

Listen
Learn
and
Grow

Includes:
Mozart's
*Twinkle, Twinkle,
Little Star*
and Brahms'
Lullaby



Lullabies

music to stimulate and inspire young minds.™

Listen

Classical Music and its effect on your baby.



The first rhythm a baby hears is the gentle, steady beat of its mother's heart... the first melody is that of her comforting voice. Now, Naxos has compiled over an hour of the world's most beloved and beautiful lullabies, including Brahms' *Lullaby* and Mozart's *Twinkle, Twinkle Little Star* for you and your baby to share together. The "Lullaby," or "Cradle Song," is a quiet composition found in the folk music of all countries for the past many centuries. It simulates a rocking motion by using a gentle, cyclical accompaniment pattern over which a beautiful melody is sung or played. Indeed lullabies were the first songs Anna Maria Mozart and Lea Salomon Mendelssohn sang to their sons Wolfgang and Felix. Parental love has always been expressed during the gentle, watchful moments when a mother or father comforts their infant to sleep. We invite you to join the parents of centuries past, as you share this beautiful music with your new baby.

—Karen L. Deal, Conductor

The music on this CD is designed to help you and your baby get a good night's sleep. Here are some other helpful hints:

What's the Secret?

1) Starting your baby with good sleeping habits right away,

OR

2) If sleeping is a problem, making changes so that your baby learns how to go to sleep and stay asleep, on schedule.

Remember this:

There is no such thing as a typical baby. They're all different—with different personalities and different sleep patterns. Some get into a routine quickly, others take much longer.



L earn



So here you are, at home
with your new baby.

Life will never be the same

again! Rest may be hard to come by in the first few weeks because frequent feedings are usually necessary during the night. Here are some things to check if your baby has trouble sleeping:

1. Does your baby's diaper need changing?
2. Is your baby hungry? Babies won't sleep if they need to be fed. Remember, babies have small tummies, so for the first few months, most babies will want to eat little but often. Food is comforting to them, too.
3. Does your baby need to be burped? Try burping your baby in the upright position or the lap position. Your healthcare practitioner can show you how.

4. Does your baby have gas? Make sure the milk or formula flow is not too fast. Check the nipple hole on the bottle to see if it is too big or too small. If you are nursing, gently ease your child away by inserting your little finger inside the baby's mouth and slowly pulling away. If this doesn't help, your child may just be a bit gassy. This usually goes away with time and is no cause for alarm. Check with your health care practitioner if you are concerned.

5. Is the formula too strong? Talk to your pediatrician for details about making formula for your baby. Proper instruction from your physician is important.

6. Is your baby too hot or cold? Babies are not very good at regulating their own body temperatures, so they are sensitive to environmental changes.

7. Is the room too bright? Close the curtains or try using a night-light in the hallway outside the room.

8. Is your baby sick? Look for the following symptoms: no appetite, hot and sweaty, vomiting, diarrhea, or a floppy body. If these symptoms exist, call your health care practitioner.

9. Does your baby need a reassuring hug? Even babies have bad days and hugs make both parent and child feel better.



G and row

You need to stay healthy for yourself and your growing baby. Here are a few tips to help you hang on to your health.



1. Sleep: Get it whenever you can. Be sure to sleep when your baby sleeps.
2. Keep your expectations realistic. You probably won't feel up to much in the beginning. This is normal; be patient with yourself.
3. Don't blame yourself, or your baby. If your baby is crying and not sleeping well, it may just be a normal phase of development that will change with time. Do your best and if problems persist, call your health care practitioner.
4. Get as much help as you can. Enlist the help of close friends and relatives. They can save your sanity. If someone offers to help, accept it, even if it's just some help with the shopping or taking care of your baby while you take some time for yourself.

If you don't have anyone to help you, join a mother and baby group (ask your hospital nurse or healthcare practitioner for referrals). It helps to know you're not alone.

5. During the first few months of your baby's life, your home will be a very hectic place. Your baby is your first priority, so allow yourself to put off some of the minor chores for awhile. When you have windows of free time, take time for yourself.

Hugs for everyone!

Lots of hugs and kisses for mom, dad and baby help to relieve stress and make everyone feel secure and loved.

Listen, Learn and Grow:

Lullabies is a great addition to your family environment. The soft melodies and lilting rhythms will help bring calmness and serenity to your home at a time when you need it most.



Unlock Your Child's Potential.

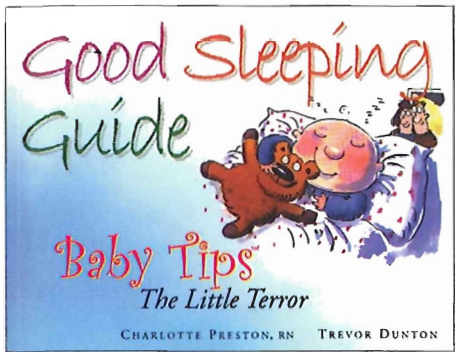
Let Listen, Learn and Grow, music to stimulate and inspire young minds provide the key! The positive effects of classical music for early brain development are now widely recognized. The rhythms, frequencies and structures of classical music help to stimulate a child's mind. Naxos, the World's Leading Classical Music Label,* originally developed Listen, Learn and Grow for use by the children of the State of Tennessee. It is now available to parents and educators everywhere. Enjoy the rich benefits that classical music can provide.

"Bravo to Naxos for orchestrating the powers of the Mozart Effect for the brilliant development of young ears and minds everywhere!"

—Don Campbell,
author of *The Mozart Effect*



A good night's sleep for everyone!



This practical, down-to-earth advice will reassure you, help you deal with problems and make you smile.

- What to expect at different ages
- Parents' survival tips
- Resolving common sleeping problems
- How to get your baby into good sleeping habits

ISBN 1-55561-269-2

\$7.95 U.S. • \$11.95 Canada

Also in this Series!

First Six Weeks • Good Feeding Guide • Good Behavior Guide



You can purchase this and other Books for Healthy Living™ at
www.fisherbooks.com

Life is Full of Discoveries

Discover Classical Music...and discover one of life's richest pleasures, a world of music that lifts your spirit and let's you soar! Introducing Discover the Classics, a spectacular 6 CD collection with over 6 hours of the finest classical music ever offered. This collection, with works by more than 40 of the greatest composers, is an excellent introduction for your family to music with the power to motivate, to calm, and to inspire. Over 100 of the best loved classical masterpieces of all time are included in this collection, from the dawn of early music to modern classics. Just open your ears and open your heart, and discover the places great music can take you.

Discover the Classics



*90 Great Recordings - Over 7 1/2 Hours of Music
6 CDs Inside Plus Liner Notes*





Listen, Learn, and Grow Lullabies personnel:

Executive Producer – Jim Sturgeon & Klaus Heymann

Compilation Producer – Karen L. Deal

Art Director: Nik Pristouris

Production Manager: Stephanie Hardin

Project Advisors:

Vincent Peppe, J.D. Selby,

Rebecca Davis, Katy Halama



Special Thanks to:

Michael Taylor and the entire staff at Fisher Books.

Illustrations: Trevor Dunton

"Listen, Learn & Grow" block illustration by Donna Ritchie

Please note

These notes are not intended to provide professional advice regarding your child's health or care. Before introducing any changes in your child's routine and for answers to specific questions, please consult your pediatrician. The information in this booklet is true and complete to the best of our knowledge. It is offered with no guarantees on the part of the authors or Fisher Books.

Authors and publisher disclaim all liability from use of this booklet.





Naxos is available in fine music and book retail stores and through mail-order catalogs and internet sites throughout the United States and around the world. Visit the Naxos website at www.naxosusa.com for more information about our catalog of over 2000 titles and to find a store near you.



naxosusa.com

416 Mary Lindsay Polk Drive, Suite 509, Franklin, TN 37067 phone: (615) 771-9393 • fax: (615) 771-6747

*LEADING IN NUMBER OF NEW RELEASES • *LEADING IN AVAILABLE, UNDUPLICATED REPERTOIRE • CRITICALLY ACCLAIMED PERFORMANCES
STATE-OF-THE-ART SOUND • CONSUMER-FRIENDLY PRICE • VOTED "BEST CLASSICAL LABEL" AT 1997 CANNES CLASSICAL AWARDS.

Playing
Time:
68:38

music to stimulate and inspire young minds.SM

- 1** Mozart – Twinkle, Twinkle, Little Star, K.265 (3:16) Naxos 8.550258
- 2** Brahms – Lullaby (*Wiegenlied*) Op.49, No.4 (2:10) Naxos 8.553843
- 3** Warlock – Dance (*Pieds-en-l'air*) (2:14) Naxos 8.550823
- 4** Mozart – Clarinet Concerto, K.622, *Adagio* (7:16) Naxos 8.552241
- 5** Faure – Lullaby (*Berceuse*) Op.16 (5:19) Naxos 8.553843
- 6** Mendelssohn – Songs without Words No.9, Op.30, no.3 (2:10) Naxos 8.550316
- 7** Mozart – Piano Concerto No.21, K.467, *Andante* (6:42) Naxos 8.552241
- 8** Schumann – Of Foreign Lands & People (1:26) Naxos 8.550885
- 9** Schumann – Daydream (*Traumerei*) from *Kinderszenen*, Op.15 (2:44) Naxos 8.550885
- 10** Chopin – Lullaby (*Berceuse*) Op.57 (5:18) Naxos 8.553843
- 11** Schubert – Lullaby (*Wiegenlied*) (2:05) Naxos 8.553843
- 12** Mozart – Flute & Harp Concerto, K.299, *Andantino* (7:30) Naxos 8.552241
- 13** Mendelssohn – Songs without Words No.40, Op. 84, no. 4 (3:05) Naxos 8.550316
- 14** Mendelssohn – Songs without Words No.19, Op. 53, no. 1 (4:13) Naxos 8.550316
- 15** Suk – *Adagio* (10:23) Naxos 8.550419
- 16** Parry – Lady Radnor's Suite, Slow Minuet (2:16) Naxos 8.550331

Executive Producer: Jim Sturgeon & Klaus Heymann
Compilation Producer: Karen L. Deal

Includes:
Mozart's
*Twinkle, Twinkle,
Little Star*
and Brahms'
Lullaby

Listen, Learn, and Grow Lullabies provides over an hour of the world's most beautiful lullabies for you to share with your child. Each selection has been specifically chosen for its soothing and tranquil qualities, and provides a gentle ambiance as your child falls asleep.

8.554790



3 6943 47902 5

Lullabies



ALL RIGHTS RESERVED. UNAUTHORIZED PUBLIC PERFORMANCE, BROADCASTING AND COPYING OF THIS COMPACT DISC PROHIBITED.
© 2000 HIN INTERNATIONAL LIMITED
© 2000 NAXOS of America, Inc.
DISTRIBUTED BY: NAXOS of America, Inc. 416 Mary Lindsay Polk Drive (Suite 509) Franklin, Tennessee 37067. Made in Canada



Listen Learn and Grow