



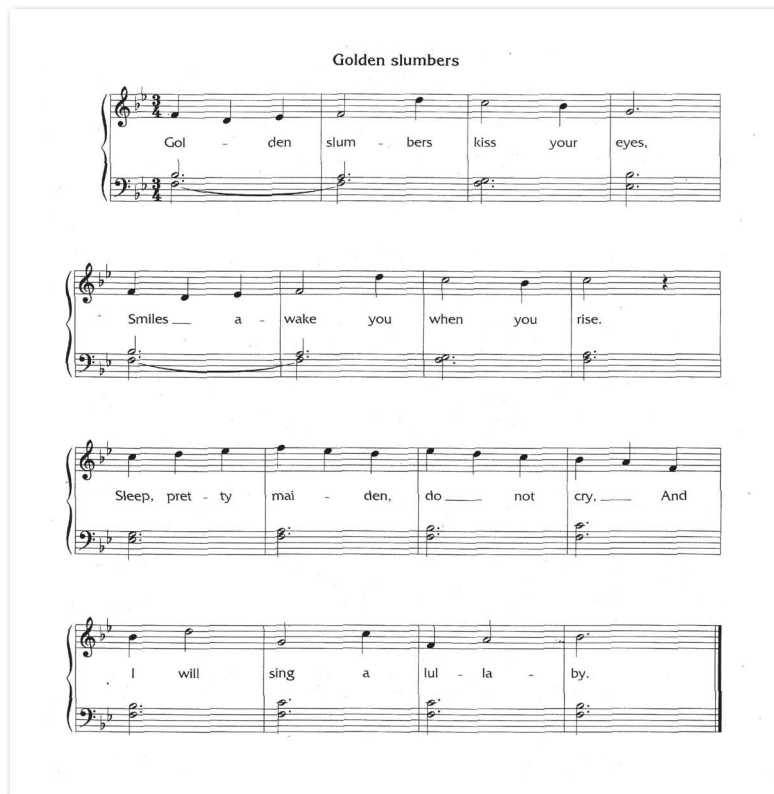
Sweet Dreams

*Hush little baby don't you cry,
Mama's gonna sing you a lullaby.*

When a new babe is born, it is a time for much rejoicing - and rightly so. But if your baby does not sleep soundly and your nights are always being interrupted, then this joy can soon turn into a nightmare. A baby's cry is sharp enough to slice through even the deepest of sleeps.

So how can we help our little ones drift off to Never Never Land and stay there till the break of dawn?

One trick parents like to use is to sing a lullaby. These soothing songs are often passed down through families by parents and grandparents. The lullaby below is a lovely example of this. Written by the English poet Thomas Dekker, it has provided peace and quiet in houses up and down the land for over three hundred years.



Golden slumbers

Gol - den slum - bers kiss your eyes,
Smiles a - wake you when you rise.
Sleep, pret - ty mai - den, do not cry, And
I will sing a lul - la - by.

In Old English, these beautiful tunes were called 'Cradle Songs' and were sung as parents gently rocked their baby's crib.

Usually a lullaby promises a reward for good behaviour, and though the baby is too young to understand the words being sung, their soft melody and soothing tones help create an atmosphere that is relaxed and peaceful, two important ingredients for the perfect night's sleep.

*So hush little baby don't you cry,
Mama's gonna sing you a lullaby.*