



## Baby Bounce Songs

11 gentle songs, actions and developmental adaptations for babies and their grown-ups.

**Watch, sing, move and connect at your baby's pace.**

Each song has one clear, single-column page: actions first, adaptations next and the lyrics in their correct reading order.



Open the playlist

# Welcome



Baby-bounce songs bring music, movement and face-to-face interaction into an ordinary moment together.

## Use the songs as a starting point

You do not need to reproduce every action exactly. Adjust the position, speed and size of each movement to suit your baby.

A tiny rock, pause, smile or change in your voice can be enough. Your baby does not need a large bounce or dramatic lift to enjoy the song.

## Let your baby guide you

Watch your baby throughout. Their body, face and sounds will help you decide whether to continue, slow down, change position or stop.

## Connection matters more than performance

A shared smile, a familiar voice and a safe cuddle are already valuable. You never need to finish a verse or copy every movement.

# Before you begin

Choose movements that suit your baby's current control, comfort and mood. Start with the gentlest version.

## Support

- Keep your baby's head, neck and body appropriately supported.
- Use two hands whenever additional support is needed.
- Keep your baby close during rocking, bouncing, standing movements and small lifts.

## Movement

- Keep every movement gentle, smooth and controlled.
- A lift is a small supported rise close to your body - never throwing baby into the air.
- A dip is a tiny, slow change in angle - never a sudden drop.

## Positive cues

- Relaxed eye contact
- Smiling or soft vocalising
- Reaching or moving towards you
- Settled anticipation

## Pause or stop if baby

- Turns away repeatedly
- Stiffens, arches or looks worried
- Fusses, cries or becomes unusually still
- Loses comfortable head or body control

## Setting

- Sit somewhere stable and keep the floor around you clear.
- Do not use vigorous movement immediately after feeding.
- Never shake a baby.

# Support your baby at their current stage

Use your baby's current physical control rather than relying only on age. Babies develop at different rates.

## Head control is still developing

Hold baby in a reclined or comfortably cradled position. Support the head and neck continuously. Replace upright bouncing with gentle rocking or swaying, and keep movements very small.

## Head and trunk control are emerging

Hold baby upright against your chest or securely on your lap. Support the head, upper body and trunk as needed. Use slow rocking and tiny changes in height.

## Baby can sit with support

Sit baby securely on your lap. Support around the trunk, ribcage or hips. Introduce small, steady knee bounces and pause frequently.

## Baby sits confidently

Continue to hold baby securely. Use gentle changes in rhythm and direction. Small supported lifts or dips may be used only when baby remains comfortable.

## Supported standing

Use standing actions only when baby is comfortable being supported upright. Support the trunk and balance continuously. Do not pull baby upright by their hands or arms.

## Use the gentlest version first

Increase the movement only when your baby remains comfortable and engaged. Faster or bigger does not mean better.

**Ask for individual advice:** If your baby was born prematurely or has a medical, neurological, musculoskeletal, feeding or developmental condition, ask your health visitor, GP or physiotherapist how to adapt the movements. This guide offers general educational information, not individual medical advice.

# What baby-bounce songs can support

The developmental value comes from responsive interaction - your voice, your face, the repetition and the way you notice and answer your baby.

## Connection

Warm, predictable moments between a baby and a familiar adult.

## Communication

Noticing facial expression, tone, rhythm, repetition and turn-taking.

## Anticipation

Pauses before playful moments give babies time to notice a pattern.

## Body awareness

Experiencing gentle movement in relation to a trusted adult.

## Early language

Hearing rhythms, rhymes and familiar repeated phrases.

## Emotional regulation

Sharing calm, predictable interaction with a trusted adult.

## How to use every song page

1

Read the movement steps before pressing play.

2

Choose the gentlest adaptation that suits your baby today.

3

Follow baby's cues, even when that means stopping mid-song.

## The song is not a test

You do not need to copy every movement or finish every verse. The developmental value comes from responsive interaction, not from making the movements bigger or faster.

# The songs

The order below matches the YouTube playlist. Each title links to its song page in this PDF.

1 This Is the Way the Ladies Ride

2 See the Little Sandy Boy

3 Sleeping Bunnies

4 Zoom Zoom Zoom

5 The Grand Old Duke of York

6 Horsey Horsey / Clip Clop

7 Humpty Dumpty

8 A Smooth Road to London Town

9 Row, Row, Row Your Boat

10 Pop Goes the Weasel

11 This Is the Way the Baby Rides

## Watch and listen

Open the full playlist, then use the matching page in this guide for movement cues and lyrics.

[Open the Baby Bounce playlist on YouTube](#)



# This Is the Way the Ladies Ride

## 1 How to move

1. Sit securely and hold baby close on your lap.
2. For the ladies, use a slow and gentle bounce.
3. For the gentlemen, make the rhythm a little livelier.
4. For the farmers, use a playful but still controlled bounce.
5. Watch your baby's face. Slower is usually better than faster.

## 2 Adapt the movement

- For a younger baby, hold them against your body and replace the bounce with a gentle sway.
- For a baby whose head and trunk control are emerging, provide continuous support.
- For a confident sitter, use small changes in rhythm while keeping both hands securely around the baby.

## 3 Lyrics

This is the way the ladies ride,  
Tri, tre, tre, tree,  
Tri, tre, tre, tree!

This is the way the ladies ride,  
Tri, tre, tre, tre, tri-tre-tre-tree!

This is the way the gentlemen ride,  
Gallop-a-trot,  
Gallop-a-trot!

This is the way the gentlemen ride,  
Gallop-a-gallop-a-trot!

This is the way the farmers ride,  
Hobbledy-hoy,  
Hobbledy-hoy!

This is the way the farmers ride,  
Hobbledy-hobbledy-hoy!

**Lyric note:** Traditional wording documented in *The Real Mother Goose* (1916).

**Gentle reminder:** Keep the riding movements small, close and controlled. You can pause, slow down or stop at any time.

# See the Little Sandy Boy

## 1 How to move

1. Start with baby sitting on your lap.
2. On "Stand up, Sandy Boy", gently help baby rise.
3. On "La la la...", gently bounce baby on their feet.
4. Keep baby fully supported and follow their cues.

## 2 Adapt the movement

- For a baby who is not ready for supported standing, keep them on your lap and gently raise their upper body on "Stand up".
- A confident supported stander can rest their feet lightly on a stable surface while you hold their trunk securely.
- Standing is optional. The song works just as well with a small seated rise.

## 3 Lyrics

See the little Sandy Boy,  
Sitting on a stone.  
Weeping, crying,  
Because he's all alone.

Stand up, Sandy Boy,  
Wipe your tears away.  
Choose the one you want to play,  
And dance the night away.

La la la, la la la,  
La la la, la la.

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**Lyric note:** Traditional circle-game wording supplied for this guide.

**Gentle reminder:** Keep baby fully supported. Do not pull baby into standing by their hands or arms.

# Sleeping Bunnies

## 1 How to move

1. Begin with baby resting against you or lying back in your arms.
2. During "See the little bunnies sleeping...", keep baby still and calm.
3. On "Hop little bunnies...", gently bounce baby on your lap.
4. Keep the hops soft and slow, especially for younger babies.

## 2 Adapt the movement

- For a baby who still needs full head support, use a comfortable cradled position and change from stillness to a gentle sway.
- For a baby with stronger control, move into a securely supported seated position before beginning the soft hops.
- The contrast between stillness and movement matters more than the size of the bounce.

## 3 Lyrics

See the little bunnies sleeping till it's noon.  
Come on, shall we wake them with a merry tune?  
They're so still. Are they ill? Wake up soon.

Hop little bunnies, hop, hop, hop.  
Hop little bunnies, hop, hop, hop.  
Hop little bunnies, hop, hop, hop.  
Hop and stop.

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**Lyric note:** Lyrics supplied for this guide to match the linked song.

**Gentle reminder:** Keep the hops soft and controlled. A gentle sway can replace bouncing completely.

# Zoom Zoom Zoom

## 1 How to move

1. Start with baby sitting securely on your lap.
2. During "Zoom, zoom, zoom...", gently bounce or rock baby.
3. On "Five, four, three, two, one...", slow down and build anticipation.
4. At the ending, give a very small supported lift.
5. Keep the lift close to your body - never sudden or high.

## 2 Adapt the movement

- For a younger baby, remain in a supported reclined position and use your voice and facial expression for the ending.
- For a confident sitter, raise baby only slightly while maintaining full head and trunk support.
- A widened smile or change in your voice can replace the lift completely.

## 3 Lyrics

Zoom, zoom, zoom,  
We're going to the moon.  
Zoom, zoom, zoom,  
We're leaving very soon.

If you want to take a trip,  
Climb aboard my rocket ship.

Zoom, zoom, zoom,  
We're going to the moon.  
Zoom, zoom, zoom,  
We're leaving very soon.

Five, four, three, two, one -  
BLAST OFF!

**Lyric note:** Lyrics supplied for this guide to match the linked song.

**Gentle reminder:** The anticipation matters more than the height of the lift.

# The Grand Old Duke of York

## 1 How to move

1. Start with baby sitting securely on your lap.
2. On "marched them up to the top", gently raise baby a little.
3. On "marched them down again", gently lower baby.
4. Match "up", "down" and "halfway" with small movements.
5. Keep every movement close, slow and supported.

## 2 Adapt the movement

- For a younger baby, represent "up" and "down" by changing your own posture while keeping baby against your body.
- For a confident sitter, use a small rise and return without lifting baby away from you.
- The physical height change can remain tiny.

## 3 Lyrics

Oh, the Grand Old Duke of York,  
He had ten thousand men;  
He marched them up to the top of the hill,  
And he marched them down again.

And when they were up, they were up,  
And when they were down, they were down,  
And when they were only halfway up,  
They were neither up nor down.

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**Lyric note:** Traditional nursery-rhyme wording.

**Gentle reminder:** Keep each change of height smooth and controlled.

# Horsey Horsey / Clip Clop

## 1 How to move

1. Start with baby sitting on your lap.
2. During the horsey or "clip clop" section, use a gentle trotting bounce.
3. If the music speeds up, only make the bounce slightly quicker when baby is enjoying it.
4. Keep baby's head and body supported.
5. Avoid rough, jolting or forceful bouncing.

## 2 Adapt the movement

- For a younger baby, hold them against your chest and use a slow walking or side-to-side rhythm.
- For a confident sitter, use a small, regular knee bounce with both hands supporting the trunk.
- Keep the rhythm steady rather than imitating a forceful gallop.

## 3 Lyrics

Horsey, horsey, don't you stop,  
Just let your feet go clippetty clop.  
The tail goes swish and the wheels go round,  
Giddy up, we're homeward bound.

**Lyric note:** Lyrics supplied for this guide to match the linked song.

**Gentle reminder:** Slower is usually better than faster. Stop if baby loses comfortable head or body control.

# Humpty Dumpty

## 1 How to move

1. Start with baby sitting securely on your lap.
2. During "Humpty Dumpty sat on a wall", bounce in a steady rhythm.
3. On "Humpty Dumpty had a great fall", use a tiny supported dip downwards.
4. During "All the king's horses...", bring baby gently upright.
5. Keep the "fall" very small and slow - never a sudden drop.

## 2 Adapt the movement

- For a younger baby, keep them close to your chest and represent the "fall" with a slight lowering of your arms.
- For an older baby, make only a tiny change in angle while maintaining full head and trunk support.
- A pause and surprised expression can replace the dip.

## 3 Lyrics

Humpty Dumpty sat on a wall,  
Humpty Dumpty had a great fall.  
All the king's horses and all the king's men  
Couldn't put Humpty together again.

**Lyric note:** Traditional nursery-rhyme wording.

**Gentle reminder:** The "fall" must always remain tiny, slow and fully supported.

# A Smooth Road to London Town

## 1 How to move

1. Start with baby sitting on your lap.
2. During "a smooth road", use a soft, smooth bounce.
3. During "a bumpy road", make the bounce only gently bumpier.
4. Before the surprise ending, pause for a moment.
5. Use a tiny supported dip - never a sudden drop.

## 2 Adapt the movement

- For a younger baby, use smooth swaying followed by a slightly more noticeable but still gentle sway.
- For a confident sitter, vary the rhythm without increasing the height of the bounce.
- The change in rhythm should be noticeable but never rough.

## 3 Lyrics

A smooth road to London Town,  
 A smooth road to London Town.  
 The road goes up and the road goes down,  
 A smooth road to London Town.

But... by and by, we come to a dell,  
 And there, the roads are not so swell.  
 A bumpy road, a bumpy road,  
 A bumpy road to London Town.

A smooth road to London Town,  
 A smooth road to London Town.  
 The road goes up and the road goes down,  
 A smooth road to London Town.

But... by and by, we come to the wood,  
 And there, the roads are not so good.  
 A rough road, a rough road,  
 A rough road to London Town.

**Lyric note:** Lyrics supplied for this guide to match the linked song.

**Gentle reminder:** Keep the "bumpy" section gentle. The pause can provide the surprise without a dip.

# Row, Row, Row Your Boat

## 1 How to move

1. Sit baby on your lap, facing you or facing out.
2. During "Row, row, row your boat...", rock gently forwards and backwards.
3. At a funny ending, pause and smile before continuing.
4. Keep the rocking smooth, small and controlled.

## 2 Adapt the movement

- For a baby who needs full head support, cradle baby and gently rock your whole upper body.
- For a supported sitter, hold securely around the trunk while rocking through a very small range.
- Do not pull baby by their hands or arms to create the rowing movement.

## 3 Lyrics

Row, row, row your boat,  
Gently down the stream.  
Merrily, merrily, merrily, merrily,  
Life is but a dream.

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**Lyric note:** Traditional nursery-rhyme wording.

**Gentle reminder:** Rock from your own body while maintaining secure support around baby.

# Pop Goes the Weasel

## 1 How to move

1. Start with baby sitting securely on your lap.
2. During the main tune, gently bounce baby.
3. Just before "Pop!", pause and hold the moment.
4. On "Pop!", use a tiny supported lift or an excited facial expression.
5. The pause is the best bit, so keep the movement gentle.

## 2 Adapt the movement

- For a younger baby, remain close and still during the pause, then change your expression or voice on "Pop!"
- For a confident sitter, use a very small rise while maintaining full support.
- Anticipation is created by waiting - not by making the "Pop!" large.

## 3 Lyrics

Half a pound of tuppenny rice,  
Half a pound of treacle.  
That's the way the money goes,  
Pop! goes the weasel.

Up and down the City Road,  
In and out the Eagle,  
That's the way the money goes,  
Pop! goes the weasel.

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**Lyric note:** Traditional British nursery-rhyme wording.

**Gentle reminder:** Keep the "Pop!" tiny. A smile, widened eyes or a playful voice is enough.

# This Is the Way the Baby Rides

## 1 How to move

1. Start with baby sitting securely on your lap.
2. For the first verse, use a slow, gentle bounce.
3. For the next part, make the bounce slightly livelier.
4. For the final part, use a playful but controlled bounce.
5. Follow your baby's face: slower is usually better than faster.

## 2 Adapt the movement

- For a younger baby, use supported rocking against your body.
- For a baby whose control is emerging, provide continuous head and trunk support.
- For a confident sitter, use gentle changes in tempo without making the movements rough.
- Increase the energy through your voice and expression before increasing the physical movement.

## 3 Lyrics

This is the way the ladies ride -  
Saddle-a-side, saddle-a-side!

This is the way the gentlemen ride -  
Sitting astride, sitting astride!

This is the way the grandmothers ride -  
Bundled and tied, bundled and tied!

This is the way the babykins ride -  
Snuggled inside, snuggled inside!

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**Lyric note:** Historical variation documented in *Childhood's Favorites and Fairy Stories* (1917).

**Gentle reminder:** Keep every riding movement small, close and responsive to baby.

# Follow your baby. Keep it gentle.

Your baby may enjoy the same song again and again. Repetition helps the experience become familiar, predictable and shared.

## There is no single correct performance

Some days your baby may enjoy more movement. On other days, they may prefer to listen, watch your face or rest against you. The best version is the one in which your baby feels secure, noticed and included.

## Open the playlist

[Baby Bounce Songs on YouTube](#)



## About the lyrics

- Traditional wording is used where a clear historical version is available.
- Where a linked recording uses modern or credited wording, this guide uses original Yeolie Kids words instead.
- The linked recordings remain the property of their respective creators and publishers.

## Parent guidance used

- [NHS Best Start in Life: Understanding your baby](#)
- [NHS Best Start in Life: Building a close relationship with your baby](#)
- [NHS: Soothing a crying baby](#)

## Historical wording consulted

- The Real Mother Goose, illustrated by Blanche Fisher Wright (1916).
- Childhood's Favorites and Fairy Stories, The Young Folks' Treasury, Volume 1 (1917).
- Traditional nursery-rhyme wording for The Grand Old Duke of York, Humpty Dumpty, Row, Row, Row Your Boat and Pop Goes the Weasel.

**Publishing note:** Check any lyric wording you replace or add before commercial publication.