



Simple Songs to Keep in Your Back Pocket

“Irish Lullaby” (“Too-ra-loo-ra-loo-ra”)

What could be more soothing than a lullaby reminding you of your mother? “Irish Lullaby” is guaranteed to have a calming effect, especially if you sing it many times through. The words repeat, and almost everyone knows it. Don’t worry about the verses; just sing the chorus. This song may well stir up an emotional memory. If it appears to make someone too sad, you may want to find a different lullaby.

- Demonstrate and invite people (with gestures if necessary) to sway gently to the music, side to side with their shoulders or by waving their arms (as if directing a choir). With some people, you might see only a slight movement of the head. That’s ok, too.
- If possible sing while rocking. Rocking affects the vestibular system and calms the central nervous system.
- This song could be a perfect goodnight song or a cue for preparing for bed.
- Nurturing is comforting. Provide a warmed towel, blanket, or beanbag for the person to cradle and rock as you sing with them.
- Humming this song will also be calming. Humming creates vibrations in the mouth, and vibrations are soothing.