

THE UPPER VALLEY Parents' Paper

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Family Listening

Dance Around the House CD
Music and lyrics by Lizzie Swan and Marlowe Bachmann
www.swingsetmamas.com

It's March, so you might not be thinking of swing sets and playgrounds just yet, but the musical-maternal duo of Lizzie Swan and Marlowe Bachmann of the Swingset Mamas know how to keep things moving and grooving year-round.

Before they were the *Mamas*, the two women shared a deep love for music through work and pleasure. Serendipity, lullabies, and the births of their first children then brought the two together to form the Swingset Mamas. *Dance Around the House* is one of those CDs that parents will enjoy—even on the tenth repetition of the day.

The collection includes a mix of reggae-meets-upbeat tunes and slow, rhythmic songs. Through their lyrics, Swan and Bachmann explore kids' routine activities and chores

such "Buckle Up," "Books," and "Time to Clean Up." The Mama's song "5 More Minutes" deals humorously with the common catch phrase said by parents nearly every time when trying to leave somewhere with kids. With a humorous twist, the song

"Excuse Me Mommy" is about that universal, insistent yet gentle interruption when a parent is on the phone. Simply said, Marlowe and Swan are a great match, as they harmonize their soothing, lovely voices together on *Dance Around*.



Even though they live many miles apart (Swan in Connecticut and Bachmann in Texas), these Mamas play gigs for clubs, schools, and groups all over the country. It seems that as their children are growing, the same is true of the Mama's recognition and widely appreciated music. *Dance Around the House*, an I-parenting Media award winner in 2006, is one for your growing collection of family-listening CDs.