

Parent Rapsody

Songs & melodies by Charlie Appelstein
Music & Arrangements by Bill Pastuszek along
with Bo and Adam Veaner, Kemp Harris, Carolyn Waters
Obin, and George Goneconto

1. Kids Need Attention

Did we mention, kids need attention?...2X
Attention is the Big A
It's good to give some every day
Give em the A.....2X
Often makes for a better day
Did we mention, kids need attention?...2X
Go to a zoo, read a book
Cook a meal, or catch a crook
Play a game, watch TV
Take or walk or climb a tree
Did we mention, kids need attention.....2X

A-T-T-E-N-T-I-O-N.....2X
Give it now, don't wait my friend
Oh Yeah!

If you want your kids to grow up fine
Get good jobs and toe the line
You help the odds for their success
If you work a wee bit less
Did we mention, kids need attention?...2X
Stay up talking through the night
Maybe have a water fight
Ask lots of questions 'bout their life
Hey, maybe your kid has a wife?
Did we mention, kids need attention?...2X
You work two jobs to make ends meet
And you can't wait to rest your feet
Make sure each kid gets a little
Cause they're the pancake, and you're the griddle
Did we mention, kids need attention....3X

Nahshon Deas, Kecia Holden, DeTrece Lavender
Kojo Littles, Nichelle Mungo, Charles Williams
Kemp Harris, Carolyn Waters Obin: Vocals
Carl Querferth: Trombone
Barry Fleischer: Baritone Saxophone
John Abrahamsen: Trumpet
Kelly Roberge: Tenor Saxophone
Ricardo Nhuch: Drums
Joe Kerr: Bass
Adam Veaner: Guitar
Bill Pastuszek: Organ

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

2. Routines

Dinner at six, shower at eight
Bed at nine cause it's getting late

All kids need routines.....2X
Just like hot dogs need dem beans

Gotta do chores after dinner
Even if dad gets no thinner
*"Hey, pass them mashed potatoes
And don't hog up the gravy, mamma"*

All families need routines.....2X
Just like kids hate eatin' greens

Routines are predictable
They keep kids steady
They settle down
Even wild, little Eddy
Yeah, even wild little Eddy.
That stuff calms him right down.
Do your homework after school
Do it in the same place, that's a good rule

Dinner at six, shower at eight
Bed at nine cause it's getting late

All kids need routines
Just like Hot Dogs need them beans
All families need routines
Just like kids hate eatin' greens

Kemp Harris: Vocals
Dock Murdock: Dobro & Banjo
Tim Roper: Fiddle
Adam Veaner: Harmonica
Bo Veaner: Guitar
Bill Pastuszek: Electric Piano & Bass

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

3. Be a Good Role Model

If we could put the keys
to raising happy kids in a bottle
The first one would –
be a good role model.....3X
Kids will do what they see and hear
they copy those they love and cheer
If you do a nice job controlling your voice
your kids might make the very same choice
So, be a good role model
Be a good role model.....3X
If you smoke, do drugs, or utter swears
you'll pass these down to your heirs.
And if you're honest and tell the truth
your kids might do the same
Be a good role model....4X
No parent is perfect we know
We make mistakes, have highs and lows
When we blow it...act unwise
it's a good thing to apologize
So be a good role model
Be a good role model....3X
If we could put the keys
to raising happy kids in a bottle...

Carolyn Waters-Obin & Kemp Harris: Lead vocals
George Goneconto, Bo Veaner, Bill Pastuszek,
Carolyn Waters Obin & Kemp Harris: Chorus
Tim Roper: Fiddle
Dock Murdock: Dobro & Banjo
Adam Veaner: Guitar and harmonica
George Goneconto: Drums

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

4. Keep Things Neat

You shouldn't need Sherlock Holmes
to find objects in your homes
It shouldn't be a day long chore
to locate Dexter's bedroom floor
A neat place brings a happier face...2X
If a room or home is one big mess
kids act up, they often test
They don't feel secure, they feel on edge
which might push parents to the ledge
A neat place brings a happier face...2X
Keeping things tidy is a difficult job
'specially if you were born a slob.
But do you best in this regard
oh, and don't forget – don't forget about the yard!
A neat place...
Brings a happier face...5X

Kemp Harris: Lead vocal
Carolyn Waters Obin: Background vocal
Adam Veaner: Guitar
Organ: Bill Pastuszek
George Goneconto: Bongos
Joe Kerr: Bass

Parent Rapsody

5. The Power of Support

An injection of connection
makes for to a better life
An injection of connection
reduces stress and strife

A Ph.D. in parenting
won't stop your rants and screams
If there's no one in your life
to share your struggles and your dreams

Parents don't make it
Isolated on their own
If there isn't a friend or relative
at the other end of the phone

An injection of connection
makes for a better life
An injection of connection
reduces stress and strife

You've got to reach out
and touch your fellow man
You've got to reach out
Just do the best you can
You've got to reach out
Open lines to your brother
Just reach out
Just get to know one another
Have lunch with a neighbor
Before you enter labor
Join a temple or a church
Take action, leave your perch
Join a club or go to the Y
C'mon friend, give it a try
Take up a hobby or exercise
If you don't, that's less than wise

It's easier to treat kids right
When you've got support in sight
It's easier to stay cool, not smolder
When there's a hand on your shoulder
Reach out
This will help you make a friend
Just reach out
And it's gonna help you in the end
You've got to reach out
Before your kids turn you red
You've got to reach out
Why not call your cousin Ted

When we have a lack of support
There's often trouble in the fort
Reach out and bring us in

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

Find people who will be there
When you lose or when you win
This is the life we all should weave
You've got to have people
For whom you can give to and receive

An injection of connection
makes for a better life
An injection of connection
reduces stress and strife

Reach out
And touch your fellow man
You've got to reach out
Do the best you can
You've got to reach out
And open lines to a brother
Just reach out
And you'll get to know each other
Reach out
Touch your fellow man
You've got to reach out
Do the best you can
You've got reach out
And open a line to your brother
Just reach out
Make sure you get to know one another
Reach out
You've got to reach out, reach out, reach out
If you can
You've got to reach out...reach out, reach out
Just reach out
You will make it better if you'll just
Reach out, just reach out, just reach out
You've got to reach out
Oh, you'll touch a fellow man
You've got to reach out
Reach out if you can
Just reach out
If you do you'll make the world a better place for you
and your fellow man.
Reach out....

Kemp Harris: Lead vocal
Nahshon Deas, Kecia Holden, DeTrece Lavender
Kojo Littles, Nichelle Mungo, Carolyn Waters Obin: Vocals
Bill Pastuszek: Organ & bass
George Goneconto: Bongos

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

6. Limit Setting

When it comes to limit setting let's not
be too upsetting
Instead of punishing your girls and boys –
use logical consequences
Don't take away their toys

Punishment isn't related to what kids do
It's often payback for turning us blue
Sure, it might stop the behavior right away
But can plants the seeds of anger that
can ruin a day
If you were stopped for speeding
and they took away your favorite show
How long would it take for you to blow?

It makes a lot more sense.....2X
to use a consequence

We punish by taking away their
favorite stuff
To teach a lesson that we've had enough
But when we parents overdo power
Relationships do tend to sour

So, it makes a lot more sense
To use a consequence
It makes a lot more sense
To use a consequence.

If your kid is rude, ask the dude
to take a break...for goodness sake
If he says no and starts to shout
Calmly tell him they'll be no ride
until we work this out
If Juanita does a poor job cleaning her room
Have her do it again – with the broom
If teenage Arnie comes in way too late
Hear his side of the story before you inflate
If he was wrong, have him choose
a consequence
He said "Ground me for a while might make sense."
He'll have to stay in to earn back his trust
With serious behavior, this is often a must
If Pedro and Juan are acting up in the den
Bring them to the kitchen, till you say when
If Julia is falling behind in school
Have her do extra work before she
swims at the pool.
Whatever you do, make sure it's related
Punishment will only serve to inflate it

But most of all, you've got to remember
Behavior is a message

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rhapsody

Always listen to what your kid's behavior
is communicating.
Explore the roots of difficult behavior
before you react
Maybe the problems are social, developmental,
psychological, or wiring?
Finding the right answers might get tiring
But if you've got love in your heart,
finding the right answers
will bring you together, not apart.
And don't be cautious about seeking help
We're all in this together –
even when storm-clouds invade the weather.
If discipline *is* necessary and you hold your kids dear
Respond in a fair and logical manner, not with fear.
And remember:
It makes a lot more sense, to use a consequence....(multiple times)

Charles Williams, Carolyn Waters Obin,
Kemp Harris: Lead vocals
Bill Pastuszek: Piano & Bass
George Goneconto: Drums
Ricardo Nhuch: Drums
Heather Holland: Narrator
Bo Veaner: Guitar

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRhapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

7. One Chance

I'm seven years old
March 11th...I'm told
I'll never be seven on this day again
I only get one chance to live it my friend
I'm twelve years old
It's November 7th...I'm told
I'll never be twelve on this day again
I only get one chance to live it my friend
I'm fourteen years old and I'll star in the play
But dad won't see it, he'll be working away
I'll never perform on June 2nd again
I only get once chance to live it my friend

So don't take for granted the time that you have...2X
with your daughters and sons
Before you know it your time will be done

I'm sixteen years old
May twenty-fifth...I'm told
I just drove a car for the first very time
Mom was quite nervous and dad was sublime
Oh what a day from beginning to end
I only get one chance to live it my friend

I'm thirty years old
It's June 10th, I am told
I'll never be thirty on this day again
But each of my children
Will feel loved by days end

Cause I don't take for granted the time that I have
with my daughters and sons
Before I know it my time will be done

So don't take for granted the time that you have
with her daughters and sons
Before you know it your time will be done

Parenting's a blessing, this can't be denied
So cherish the moments for what they provide
Opportunities to love, be loved, and to guide.

Kate Chadbourne : Lead vocal & Celtic Harp
Bo Veener: Guitar
Jackie Damsky: Fiddle
Putnam Murdock: Guitar
Kirsten Manville: Flute

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

8. Don't Yell, Gently Tell

Don't yell, gently tell....4X
Don't yell, gently tell, if you do
you'll go to-
Have a happy day
Let good thoughts guide your way
Properly communicate
Watch your kids grow up great
Properly communicate
Watch your kids grow up great
Don't yell, gently tell.....2X

As they get louder, you get quiet.....2X
C'mon mom it's time to try it!

Don't yell, gently tell.....2X
Hey mom, hey dad, your kids aren't a rental
you got to know 'em developmental
And if you understand the stage
then you might not feel the rage
Understand each stage, helps reduce your rage
Have a happy day
Let good thoughts guide your way

Properly communicate.....2X
Watch your kids grow up great

Tell them *how* you feel
Don't lose your cool – just be real
Heather, I get sad and upset when you
choose to talk to me like that.
Is something going on?
This isn't you. What's up?
I didn't make the basketball team.
Oh man, that stinks. That coach is nuts!
The coach is nuts.....2X
No dad, the coach isn't nuts.
I just wasn't as good as some of the other players that tried out
You weren't as good this year. But you may be next year
I want you to know how proud I am of how hard you tried
The coach isn't nuts.....2X
Every parent yells from time to time
Losing your cool it ain't a crime
But why not try yelling less
Give that anger a needed rest
Don't yell, gently tell.....4X

Matt Rappiere, Sudie Marcuse,
James Copabianco, and Heather
Holland: Vocals
Bill Pastuszek: Organ & bass
George Goneconto: Drums
Kemp Harris: Rap voice
Steve Volante: Trumpet

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

9. Take Humor Seriously

When they leave the womb, ma!
You gotta use lots of hu-ma.....2X

I'm not trying to be impervious
But humor needs to be taken quite serious
When your kids smile a lot
It's priceless - can't be bought
When they laugh hysterically
relationships improve...

we've learned that empirically
Soooooooooooo....

Make 'em laugh, make 'em smile
Tell a joke that lasts a while
How do you get in touch with a fish?
Drop him a line!

Make 'em laugh till they drop
Go to a joke store, buy a prop
Make 'em laugh, bring elation
Do a bad impersonation

"Asta la vista, Babe!
I'll be right - what's the next word?"

Make 'em laugh, make 'em smile
Sing out of tune like Uncle Lyle
"Oh my darlin', oh my darlin'"

Make 'em laugh, make 'em smile
Make sure you tickle Ann and Kyle
Humor must be taken serious
Even if we all become delirious!
Make them laugh till they groan
Play a crazy saxophone!
Make 'em laugh, your girls and boys
Let's all make a funny noise

Just...make...them....laugh!!!!!!

Charles Williams: Lead vocalist
Carl Querferth: Trombone
Barry Fleischer: Saxophone
John Abrahamsen: Trumpet
Fiddle: Jackie Damsky
Kelly Roberge: Saxophone
George Coneconto: Drums
Charlie Appelstein, Julie Appelstein,
Cameron Hanninen, Grace Mullen: Comic voices

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

10. Rapatouille

If good parenting is your mission
Use rhythm, rhyming, and repetition
Repeating a line can change a behavior
With some folks it's been a savior

Most parents and kids, we say
Can make bad habits go away
Repeat a line over and over
Skies can brighten like a Super Nova.....2X
Let's not waste any more time
Why not try some rhythm and rhyme:

If anger is an issue
For your kids or you
Repeating these raps might get you all through:

Let it go Joe, let it go Joe
Just stay cool, no need to blow

I can, I will, I gotta chill.....2X
and when I do it's quite a thrill

If you talk in an angry tone, you'll live alone...4X
Here's some advice, talk real nice...2X
Let it go, Flo, let it go, Flo
Just stay cool no need to blow
Stayin' in control that's the goal
Losing your lid takes a heavy toll
If you talk in an angry tone, you'll live alone...4X
Take your anger and send it to Cuba
When you get mad you sound like a Tuba

If good parenting is your mission
Use rhythm, rhyming, and repetition
Repeating a line can change a behavior
With some folks it's been a savior.

If you are last in the nation
when it comes to focusing and organization
organization, organization
These lines will improve your fate
Try them now, no need to wait:
No need to groan, I can do it on my own
There's no need to groan, I can do it on my own
Think: Step after step, that is the prep
Yeah, step after step, that is the prep
Just: Sit and relax and work to the max
Just: Sit and relax and learn to the max

If you talk in an angry tone, you'll live alone...4X

Makin' a list, will assist
Yeah, makin' a list will assist

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

You gotta stay on the track, Jack...2X
Think: Hocus, Pocus, Focus
Hocus, Pocus, Focus
Even if your yard is covered with locust

If you talk in an angry tone, you'll live alone...4X

Like a King on a throne, I can do it on my own...2X
Take it little by little and play the fiddle
Take it little by little and rock your fiddle!

Like a King on a throne I can do it on my own,
which gives me more time to play my saxophone.

Hey friends, dig these odds and ends:
Are you ready?
Sir, yes sir!
I can't hear you
Sir, yes sir!
I can make it if I choose...2X
Only I can make me loose...2X
I can make it if choose...2X
It's time to kick the drugs and booze....2X
If you lose hope, don't do dope....4X
If it is to be, it's up to me...4X
Good thoughts will set me free....4X

If you talk in an angry tone, you'll live a lone...4X

Pick up your toys, without a lot of noise
Make mom happy, do it kind of snappy!

If good parenting is your mission
Use rhythm, rhyming, and repetition
Repeating a line can change a behavior
With some folks it's been a savior

Most parents and kids, we say
Can make bad habits go away
Repeat a line over and over
And skies can brighten like a Super Nova
Skies can brighten like a Super Nova

Rhythm and Rhyming is universal
It goes to your brain without a rehearsal

Espanol!
Hola que tal! Amigos!
Deja que se vaya, Susana
Deja que se vaya, Susana
No te permitas explotar
Yo puedo, lo hare
Yo puedo, lo hare
Estoy helada,

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

Y cuando pasa
Estoy Encantada

Italiano!
Boston!
Hey Friends, welcome to Boston!
If you feel like you're gonna bahhk
Just take a walk in the pahhk

If you talk in an angry tone you'll live alone

Nahshon Deas, Kecia Holden, DeTrece Lavender
Martinez McNeil, Nichelle Mungo,
Carolyn Waters Obin: Voice & vocals
Charlie Appelstein, Aida Dudelson, John Angelucci
& Franco Cedrone: Voices
Jeff Goulart: Bongos
Bill Pastuszek: Bass & Keyboard
Josh Gold: Keyboard
Jackie Damsky: Fiddle
Alec Spiegelman: Tenor sax
David Harris: Tuba

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

11. Believe in Them

Believe in them for who they are.....2X
Each is special, a shining star
They all have strengths, they will succeed
So let them live, let them lead

Try and say yes more than no
Yes instills confidence and helps them grow
Let them try difficult things
Cause when they do, spirits sing
Believe in them, for what they can be
Unbridled members of society
Give them this gift and let them go
It's up to us to make this so

Ain't no doubt.....2X
You gotta raise your kids from the inside out

Find and encourage what they like to do well
This is parenting...I do tell

Ain't no doubt.....2X
You gotta raise your kids from the inside out

Find and encourage what they like to do well
This is parenting...I do tell

Do the math
Let them find their very own path

Carolyn Waters Obin: Lead vocalist
Kemp Harris: vocals
Bill Pastuszek: Piano & Bass
George Goneconto: Drums
Steve Volante: Trumpet

Parent Rapsody

12. Say "Please" and "Thanks"

Will you please clean your room...thanks!
Will you please pick up that broom...thanks!
Will you please untie your mother...thanks!
Will you please return your brother...thanks!
Could you please talk in the hall...thanks!
Could you please not eat that ball...thanks!
When you make a request, using please and thanks is
always best
You gotta say-
Please and thanks and take it to the bank
Say please and thanks and take it to the bank....3X
A deposit of respect gets the right effect...4X
Say please and thanks and take it to the bank
A deposit of respect gets the right effect
Say please and thanks and take it to the bank
A deposit of respect gets the right effect
Say please and thanks and take it to the bank.....4X
When you start a request with please
It puts your kids more at ease
And even if the request isn't thrilling
Using please makes the kids more willing
And when you finish with thanks
It sends a message of confidence and it's
more likely they'll comply
So why not give it a try?
You gotta say please and thanks, and take it to the bank
Say please and thanks and take it to the bank....3X
A deposit of respect gets the right effect.....4X
Now some folks say you shouldn't put a request
into question form: "That isn't the norm!"
As you can see, we respectfully disagree
Kids don't like being told what to do
So use words that increase the odds they'll follow through.
You gotta say:
Please and thanks...(multiple times)

Charles Williams: Lead vocalist
Nahshon Deas, Kecia Holden, DeTrece Lavender
Kojo Littles, Nichelle Mungo,
Carolyn Waters Obin: Vocals
Carl Querferth: Trombone
Barry Fleischer: Alto Saxophone
John Abrahamsen: Trumpet
Kerry Roberge: Tenor Saxophone
George Coneconto: Drums
Adam Veaner: Guitar
Bill Pastuszek: Organ & Bass

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

13. Give Them Choices

Hear there voices, give them choices...5X

Giving us choices is an empowering intervention
Overdoing power and control will
cause dissention
We don't like being told what to do
Having no say, turns us blue
Now we're not suggesting that you give up
your role at the top
Just try and be a little more understanding,
Mom and pop
If we mess up big, let us choose a
logical consequence
Don't do it all, or keep us in suspense
Here there voices, give them choices.....4X
If we can't work things out, we know
you've got the final say
Even though we might complain all day!
And we get that there are times "No means no"
and there won't be any discussion
But don't overdo it, or out the door, we'll be rushin'
Hey, we love you dad...We love you mother
Whatever goes down, we'd want no other
But we have voices
And we like choices

Hear there voices, give them choices...5X

Lift their spirit, hear their voice
Helps your family to rejoice
Hear there voices, give them choices....3X

Julie Appelstein & Anthony Villiotti: Lead vocals
Matt Rappiere, Sudie Marcuse,
James Copabianco, and Heather
Holland: Vocals
Bill Pastuszek: Piano & bass
Jeff Goulart: Bongos & Percussion
Alex Spiegelman: Flute
Jackie Damsky: Fiddle

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

14. Tell Them

You got to tell them that you love them every day
Every day
You've got to show this from your heart and find the way
Find the way
You've got to sing from every mountain top
"I love you kid, I'll never stop."
You gotta tell them that you love them, every day
Every day...3X
You gotta tell them that you love them every day
Every day...3X
From the mountains up above
To the sea, the land, the dove
You must tell them that you love them every day
Every day...4X
You gotta tell them that you love them every day
Give me the strength to let them know
How much I care and love them so
If I struggle, lose my way
May I still express my love each day.
Tell them that you love them every day
Got to tell them that we love them every day
Got to sing from every mountain top
"I love you kid I'll never stop."
Tell them that you love them every day
Every day....(multiple times)

Charles Williams: Lead vocal
Nahshon Deas, Kecia Holden, DeTrece Lavender
Kojo Littles, Nichelle Mungo, Carolyn Waters Obin,
and Martinez McNeil: Vocals
Bill Pastuszek: Piano and bass
George Goneconto: Drums
Jeff Goulart: Percussion

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

15. We All Take it Personal

We all take it personal.....2X
when our kids misbehave
Starts when they're young
lasts till the grave

We all take it personal:
"I just feel like crawling in a hole!"
When our kids misbehave
"Wait till that kid gets home, I'm gonna!"

So, what's a parent to do?
Well here's some advice from me to you.
When you take your kids behavior personally
– and we all do...just think:
It's an injury, it'll heal, that's the deal.....2X
An hour later you won't remember what the
kid did, you'll be on to something else!
Cause...
It's an injury, it'll heal, that's the deal.....2X
Like a cut on your arm...
there ain't no need for alarm
It's an injury it'll heal, that's the deal.
You gotta respond instead of react that's the fact.
That's the fact
Got to respond instead of react, that's the fact.
That's the fact
Respond means use the golden rule
anything less and you're the fool.
Respond instead of react, that's the fact.
That's the fact
It's an injury it'll heal that's the deal.
That's the deal
Respond instead of react, that's the fact.
That's the fact
If we can manage number one,
parenting is a lot more fun.
It's an injury and it'll heal, that's the deal.
That's the deal
We all take it personal
when our kids misbehave.
Starts when they're young
lasts till the grave.

Matt Rappiere, Sudie Marcuse,
James Copabianco, Heather
Holland, and Carolyn Waters Obin: Vocals
Bill Pastuszek: Organ & bass
George Goneconto: Drums
Steve Volante: Trumpet
Kelly Roberge: Tenor Saxophone

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

16. There for Me

It's late at night
I'm sitting here by the fire's light
I see your picture on the wall
Tonight you're looking ten feet tall
I'm remembering how much you always tried
That you always stood by my side

By my side, by my side
With eyes wide, love and pride
You always stood...by my side

I remember the times we spent alone
Talking, walking...getting' chilled to the bone
The times you cheered, lifted my spirit
Man, did this kid need to hear it

By my side, by my side
With eyes wide, love and pride
You always stood by my side

You were there for me....2X
Eyes wide, love and pride
You were there for me

We didn't always get along
At times we fought all night long
We yelled, pouted and sometimes cried
But I never lost faith you were by my side

By my side, by my side
With eyes wide, love and pride
You always stood by my side

When all is said and done
I've got my own daughters and sons
I hope they look back and feel I tried
that I always stood by their side

By their side, by their side
With eyes wide, love and pride
By their side

You were there for me
Standing by my side
With eyes wide, love and pride
There for me

Spoken: Hi Dad, did I wake you?

Yeah, I was there for you, I was there for you
With eyes wide, love and pride
Always standing by my side

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC

Parent Rapsody

You were there for me
Yes, I was there for you
And I'll be there for them
You'll be there for them
With eyes wide love and pride
Always their by their side
You were there for me
You were there for me
With eyes wide, love and pride
There for me

You were there for me....(multiple times)
I'll be there for you
You were there for me
I'll be there for you
Be there for them
Be there for them....

Carolyn Waters Obin: Lead Vocalist
Kemp Harris, Nahshon Deas, Kecia Holden, DeTrece Lavender
Martinez McNeil , Nichelle Mungo: Vocals
Bo Veaner: Guitar
Dock Murdock: Dobro
Hope Swift: Mandolin
Jackie Damsky: Fiddle
Putnam Murdock: Guitar
Jeff Goulart: Percussion

Special Bonus Track:

Routines

Julie Appelstein: Lead vocals
Cameron Hanninen and Grace Mullen: Vocals
Dock Murdock: Dobro & Banjo
Tim Roper: Fiddle
Adam Veaner: Harmonica
Bo Veaner: Guitar
Bill Pastuszek: Electric Piano & Bass

Compliments of Charlie Appelstein, Appelstein Training Resources, LLC
12 Martin Avenue, Salem, NH 03079 - Tel/Fax: 603 898-5573

www.ParentRapsody.com

© 2008 Appelstein Training Resources, LLC