

**Russian transcript:**

М - Это бешик, колыбель. Вот что бы ребенку было спокойно, мы её

Д - Ребёнок сам себе мешает, когда она хочет спать, она у нас такая подвижная она руками мешает себе и поэтому надо завязать ей руки, ноги и вот так вот её укачивать. Видите как она успокоилась. Моментально успокаивается и....вот так вот спит тихо, спокойно. Ну вот пожалуйста, и сейчас немного времени и она уснёт. А у нас ещё существует одна такая традиция, когда ребенка вот так вот укладывают, ей поют колыбельные песни, киргизские национальные песни, и она вот так вот и спит.

М - Давай...знаешь, кизим, *Талталлаб юрган чарчамас*

Д - Давай

М - Народную песню, да,

Д - Народную, да, мы будем петь народную песню.

The lullaby is in Kyrgyz.

**English translation:**

M: This is *beshik*, a cradle. So, so that child is quiet, we...her...

D: The child disturbs itself when she wants to sleep. She is very lively. She disturbs herself with her hands and, that's why [we] have to tie her hands and legs and rock her to sleep in this manner. You see how she calmed down. She instantly calms down and...In this way [she] sleeps quietly, peacefully. Here you are, and now after a little she will fall asleep. And also we have such kind of tradition, when the baby is being put to sleep, she is sung lullabies and she sleeps like this.

M: Let's...you know, my daughter, *Талталлаб юрган чарчамас*.

D: Let's...

M: Folk song, yes.

D: National, yes, we shall sing a folk song.

[The lullaby is in Kyrgyz.]

**About CultureTalk:** CultureTalk is produced by the Five College Center for the Study of World Languages and housed on the LangMedia Website. The project provides students of language and culture with samples of people talking about their lives in the languages they use everyday. The participants in CultureTalk interviews and discussions are of many different ages and walks of life. They are free to express themselves as they wish. The ideas and opinions presented here are those of the participants. Inclusion in CultureTalk does not represent endorsement of these ideas or opinions by the Five College Center for the Study of World Languages, Five Colleges, Incorporated, or any of its member institutions: Amherst College, Hampshire College, Mount Holyoke College, Smith College and the University of Massachusetts at Amherst.

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