

Music comes in many different forms. Whether we are creating the music or just listening to it, music has a positive impact on our health. All areas of childhood development, including intellectual, social-emotional, motor, language, and literacy, benefit from music.

Playing Music

When learning to play music, children must learn to use multiple skill sets simultaneously. This improves hand-to-eye coordination, ear-to-hand coordination, and fine motor skills.



Listening to Music

Listening to music positively affects our mood and body. It can boost your mood, lower stress and anxiety, reduce symptoms of depression, and decrease fatigue.

Music Therapy

The benefits of music are also recognized in therapeutic settings. Music therapy utilizes music in a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals.



Parent / Caregiver Tip:

After your child(ren) creates and decorates his/her musical instrument, encourage them to play along with the **rhythm** of a favorite song. Clap your hands to the **beat**, while they play along.

- ♪ The **rhythm** is the actual sound of the notes, or the **lyrics** (words).
- ♪ The **beat** is the steady pulse you feel in a song, like a tick of a clock.

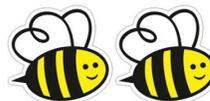
Practice playing to the rhythm: (Play each time you see a picture.)



Bee



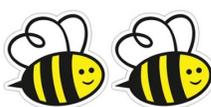
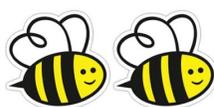
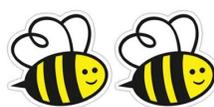
bee



bumble



bee.



Stung a bear up - on his knee.

Share your creations with us at info@cmfdl.org!

Additional Learning Opportunities with Music

Infants

Infants can recognize the melody of a song before they understand the words. Soft background music can have a soothing effect on infants.

- Sing simple and short songs to your child. Try making up one or two lines about bathing, dressing, or eating to sing to them while you do these activities.
- Have your child explore different musical instruments. Shake a maraca, hit a drum, play with a rainstick. Many household items can be turned into an instrument.

Toddlers

Toddlers love to move and dance to music. Music with repetition is key for toddlers because it encourages language and memorization.

- Have your child reproduce different rhythms from their favorite songs with the instrument they created.
- Dance party! Turn on your child's favorite tunes and get up and move to the beat.

Preschoolers

Preschoolers love to sing and are eager to let their voices be heard. Music with repeated melodies and words are great for preschoolers. They also enjoy nursery rhymes and songs about familiar things.

- Have your child sing and play along to the beat of a song.
- Ask your child to move (e.g., march around the room) to the different rhythms of songs.

School-Age Children

School-age children begin to express their likes and dislikes of different types of music. Singalong songs that involve counting, spelling, or remembering a sequence of events are great for this age group.

- Have your child practice counting, colors, letters, and more by singing or playing along to a song of your choice (check out Jack Hartmann for great learning songs)
- Listen and draw. Play instrumental music and have your child draw what they hear, using colors, shapes, and lines. Talk about why they chose the different colors, shapes, and lines that they did.

Teens

Music is one way for teens to explore ideas and emotions in a safe way. They can express themselves through music and oftentimes it helps them connect with different social groups.

- Name that tune! Hum, tap, or play the rhythm of a song and have your child guess what song it is. Try playing this game with a group of friends or the whole family.
- Encourage your child to learn how to play an instrument. If they already play an instrument, challenge them to learn how to play their favorite song.