Babies are naturally drawn to music. We sing lullabies and dance gently to soothe crying babies. Babies are very aware of sounds in their environment. We use music and movement to enhance their listening skills, language and physical ability.

We sing, hum, play tapes and play musical instruments. Over time, children will learn to identify different sounds, volumes, tempo, etc.

As they discover that they can make music themselves, they learn cause and effect (“If I hit the drum, it makes a sound!”).

When we sing finger plays (songs with accompanying finger movements), children are developing eye-hand coordination and strengthening their small muscles. We might
Singing enhances language ability. Children will often make repeated sounds to the melody as we sing the words, “BA BA, BA BA, BA BA.” As they get older, rhyming tunes help toddlers practice saying words in a gleeful way. They also expose children to poetry and imagery.

Recent research shows that music may even improve a child’s later abilities in math, creativity, and reasoning. The so-called “Mozart effect” creates all sorts of positive brain development!

Music usually makes everyone feel good, even adults. We use it as often as we can, when cleaning up, when moving from playtime to snack time, when bottle feeding. Music helps children to learn daily routines and can ease troubles. It’s a great stress-reliever!

change the words of a song to include the child’s name, (“Jamie had a little lamb...”). This gets the children interested and makes them happy.