

MARVELLOUS MUSIC

Music is everywhere in our world – we hear it in the car, at home, at the supermarket, on the street and at the cinema. Music can help build your child’s imagination, language and thought processes, and provides an experience that can relax and delight.

HOW TO DO IT

Actively engaging in music

Children enjoy listening to music but often get more benefit from it if they can actively engage. Ask your child to tap, clap, march or stamp in time with the rhythm. Extend this activity by introducing pots and spoons to tap out beats – try different surfaces for different sounds. Look for songs that have hand movements, such as: ‘Wheels on the Bus’ or ‘Incy Wincy Spider’. For babies, have them face you and gently bounce them on your lap, singing to them, with plenty of eye contact and smiles.

Dancing to music

You don’t have to be at a party to dance to music. Let your child choose the songs that they like and dance and sing together. Dancing can be a wonderful opportunity for imaginative play – try acting like different animals, in time to the music.

Music games

There are lots of games that work well with music – ideal for entertaining a group of children. How about a game of statues, where children dance to the music but must stop and freeze the instant the music is turned off? Start up the music again and repeat. Try musical chairs where children dance in time with the music around a circle of chairs or cushions, sitting when the music stops. Every time the music starts a chair/cushion is removed. Any child who is late to freeze or without a chair sits out of the game until only one child is left.

Singing to your child

At the end of a busy day a lullaby with gentle actions is a lovely way to drift to sleep and is a beautiful tradition to establish with your child. Let them join in as they’re able.

THINGS YOU WILL NEED:

- Your and your child’s singing voices
- Sound system for music (optional)

TIPS

- For added fun while dancing, grab a scarf and wave it around. Encourage your child to express themselves freely, try different ways of moving the scarf in time with the music
- Create your own actions to song lyrics to help build your child’s understanding of the words, increasing their sense of engagement and fun
- For an extension, try introducing musical instruments that are easy for children to play, e.g. ukulele, tambourine, drum, triangle, maracas, xylophone