

## Sound and Music

**Why is music play important?** - Children love to listen to music and join in. They learn to use their listening skills and to differentiate between different sounds such as environmental (car engines, bird song etc.) instrumental, body and voice sounds.

Music activities help children to develop a sense of rhythm and talking about sounds and instruments enhances their vocabulary. Listening and remembering sounds increases their auditory memory and sequencing skills.

Two handed instruments help with hand to eye co-ordination and music can provide children with a means of recognising and expressing their emotions.



**Getting started-babies...** Babies are born with a natural sense of rhythm and rocking is often used to comfort them. They enjoy listening to music so try to play a range of musical styles to your baby.

Babies begin to make sounds from a very early age, it is important to encourage them as sounds such as gurgling are the start of music awareness and an important part of learning to communicate.



- Play some music and gently bounce your baby in time with the beat.
- Add bells and shakers to a treasure basket or make a shaker.
- Sing nursery rhymes and simple songs to your baby from different genres and cultures.



**Getting started-young children...** Music ignites all areas of child development and skills for school readiness, including intellectual, social-emotional, motor, language, and overall literacy. It helps the body and the mind work together. Exposing children to music during early development helps them learn the sounds and meanings of words.

- Play games using mouth and body sounds or make environmental sounds such as a police siren or an animal and encourage the child to copy.
- Introduce finger rhymes (Five little ducks, Insy Winsey Spider etc.) and sing them together.
- Make shakers together with your child and use to make music together.
- Make music outside with old saucepans and kitchen utensils.



### Set up a music basket

This will allow children time to experiment, explore, repeat, practice and bring together their ideas and skills.

- Ensure instruments are safe and sound.
- Offer a range of objects that rattle, shake, pluck and bang.
- A safety mirror provides opportunities for children to watch themselves as they sing, dance and play their instruments.
- Have fun!

