



## Listen to the Music

Music makes your child want to move. Marching to a beat, dancing, clapping, jumping, singing, and spinning all come naturally to your child. When he listens to music and begins singing, clapping, drumming, or moving to a beat, he is anticipating patterns, expressing his creativity, being physically active, and building his listening and language skills. He's doing a lot of learning and having lots of fun!

- Music can happen anywhere. Sing together in the car, make up songs while getting ready for bed, or play a hand-clapping game while you wait for the bus.
- Songs are a good way to help your child make transitions throughout the day. Sing a clean-up song as she puts her toys away or hum a song or sing a lullaby as she goes off to sleep.
- Sing to your child in the language you know best and feel most comfortable using.
- Chants or rhymes with hand motions, such as “Head, Shoulders, Knees, and Toes,” build language skills and coordination and can also help teach your child body parts, colors, counting, or other concepts. Check with your librarian, childcare educator, or online to find chants and rhymes.
- To get your child moving, turn on his favorite music. If you know traditional music and dances or other dance moves, show your child how it's done—but let him express himself with his own movements. Give your child a long streamer or scarf to wave as he dances.
- When you listen to music with your child, have her talk about how she feels when listening. Does the song make her feel like stomping or twirling? Does the music make her feel full of energy or like resting quietly? What does this song make her think of? Offer your own descriptive opinions after she is done.
- Play your own favorite music for your child (be sure the lyrics are appropriate). Try different types of music as well. At the library, bookstore, or discount store, you can find CDs of children's music, classical music, jazz, country music, and more.
- Find CDs of music from different cultures and compare them to some examples of your child's favorite music. What instruments do you hear? Which music is louder? Which music makes you want to jump around? You can find CDs at the local library, bookstore, or discount store. Listening to music from different places helps your child begin to appreciate similarities and differences in different types of music and in the world!