

## **Why music for babies?**

**Written and collated by Emma Hutchinson**

The importance and value in music for young children, as well as the overall nurturing engagement it provides for families is evident to any parent or early years leader once regular sessions are observed.

Music and movement activities is the earliest form of music training a child can experience. It supports the overall development of a child including motor skills, focus, rhythm, concentration, social and listening skills, aesthetic education, personality, sensitivity to sounds, tempo, dynamics, pitch and the ability to express without words. Music fine-tunes differentiations increases knowledge, enters new relationships with action and the environment. Music creates a positive effect on emotions, releases internal tension, is calming, stimulating and does much towards providing a richer and more varied world.

Through these early creative experiences a child may recall and absorb whole songs through simple physical actions. As a physical sponge, babies and young children have the ability to absorb learning and simple musical concepts. Language, often a barrier towards learning is replaced by active thinking as a result of physical and musical games.

The value of spontaneous musical activity (through parent singing, rocking) as well as structured music sessions cannot be under-estimated. Physical and musical activity together integrates cognitive, instructional and pedagogical aspects.

It is a fact that many babies and young children now spend a great deal of time away from their parents. As a universal medium music does much to help child and adult feel connected. The 'take-home' ability of music supports and nurtures a developing relationship with the child and it's world. With guidance parents can continue musical engagement at home in their own inimitable way – from dancing to traditional poems and musical games. Music forms part of an emotional framework that is crucial to a child's social development. Through sounds and activities children and babies express how they feel. Often we are able to discover more about their personality and needs simply by watching their response.

The Music House for Children is committed to supporting music provision from the earliest age. Families and nursery groups are encouraged by The Music House for Children to support and make time for music with their children and are encouraged to put music into a child's daily routine permanently.

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