

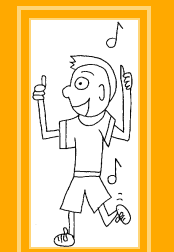
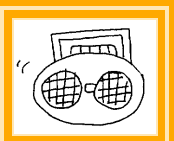
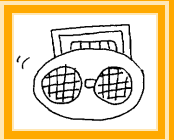
Music, songs and movement

PLAY
IDEAS 5

ABOUT
MUSIC



From the moment they are born babies respond to music and rhythm. They hear the "music" of speech, and begin to imitate it, long before they can say their first words. Songs and music help develop language, coordination and balance. Young children love to "move to the music", and later to imitate actions, then words, singing and dancing along to favourite rhymes and songs. Music can also be very soothing, helping to calm a fussy baby or child.



MUSIC AND DEVELOPMENT



Babies

From birth babies respond to speech, songs and movement. Slow rocking and swaying will be soothing; gentle jiggling and bouncing will be fun. Help your baby to move their legs and arms in time to the music. Sing rhymes and action songs for baby to watch.



Toddlers

Around 12 months children will begin to copy you and join in with action songs. Give your toddler time to remember the words and actions. Small children will want to hear songs over and over again - even if you sing out of tune! Sing songs with a strong beat and show your child how to clap along, or bang a drum. If you don't have a drum, a cooking pot and a wooden spoon is just as much fun!



Young Children

The preschool child is able to cope with longer songs, more complicated actions and simple dance steps. Encourage them to move to the beat of the music, stomping, jumping, skipping, and dancing. They will enjoy changing the words to familiar songs: Humpty Dumpty sat in a chair, while the barber cut his hair! Introduce young children to live music at free concerts.



P.A.L. PLAY AND LEARNING PROGRAM
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WHAT YOU CAN DO

- The young baby can be introduced to music in your arms, or sitting on your knee facing you. For older children sitting on the floor is good.
- Clear a large space for dancing sessions, and don't forget dancing and singing in front of a mirror!
- Laugh and make singing fun.
- Use exaggerated voice, facial expressions and actions.
- When learning songs for the first time, children learn best when just listening to you sing without any musical backing (don't worry about whether you have a good voice or not, your child will love just listening to you). Sing the song a few times, so your child can get used to the melody, words and actions. Start with short simple action songs for young children, or those who find it hard to sit still and concentrate. The visual stimulus of the actions will help them remember and learn.
- Try to reduce other distraction and noise. Invite the child to watch and listen.
- Music can help in transition times: good morning songs, pack away songs, songs about brushing your teeth, getting dressed, etc. Use songs you know (eg "This is the way we...") or make up simple songs and melodies ("good night Charlie, good night Charlie, good night Charlie, it's time to go to sleep")

SAFETY PRECAUTIONS

- Supervise children closely while making instruments, if using knives/scissors, glue/paint, or dried beans/macaroni etc. Be aware of choking hazards and toxic materials.
- Babies are more sensitive to loud noise than older children. Avoid musical toys that produce noise that is too loud when held close to the ear.

SOME ACTIVITIES TO TRY

- **Make a "Songs I Know" chart** with drawings and pictures, and keep it on display.
- **Move** Put on some music and try to move like animals (snake, kangaroo, bird); people (someone very tall, very old); transport (car, plane, train). Play musical statues or bobs.
- **Make a song dice** with a different song/rhyme on each side of the dice. Throw and sing.
- **Make musical instruments** Shakers from containers filled with dried lentils or beans, tambourines from tin foil or paper plates filled with beans and stapled together, drums from saucepans or tins and wooden spoons, bamboo for rhythm sticks, stringed instruments from egg cartons or tissue boxes and elastic bands, triangle from a coat hanger and spoon, cymbals from saucepan lids, chimes from household objects strung along a rod and hit with a spoon. Choose music with a definite beat to play along to.
- **Use dolls, teddies or puppets** in songs. Try drawing pictures to use with songs, eg. 5 little ducks. Make a sock puppet mouse for "Hickory, Dickory Dock": use buttons for eyes and wool for whiskers. Balls of wool make great sheep for singing "Little Bo Peep"!
- **Let your child put on a "ballet"** Show them how to do different movements and to match the music, fast or slow, soft or loud. Have some dressups and makeup available.
- **Paint/draw pictures to music** Put on some dramatic music and let children express their feelings in colours and shapes.
- **Dance** Clear a large space for dancing sessions, and don't forget singing and dancing in front of a mirror! Try dancing with scarves, streamers, balloons, bubbles, and feathers.

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ABOUT MUSIC

