



# Singing and Music

## BENEFITS OF MUSIC

- Children learn new words, especially the ones they hear over and over again
- Children can learn new concepts like opposites (fast/slow, big/small), directions (up/down) and counting
- It's an opportunity to share time with your child
- Singing and lullabies can help your child relax
- Children learn about rhymes, sounds and words
- It helps to improve listening and concentration skills
- Children learn to explore, express themselves and discover new ideas with music
- Children develop fine motor skills through handling instruments and gross motor skills through dancing
- It encourages sharing, turn-taking and cooperation
- Your child learns to imitate actions, gestures, sounds, words, and rhythms
- It's fun!



## HOW CHILDREN RESPOND TO MUSIC

Children respond to music in many ways at different ages. Watch how your child responds and follow your child's lead.

Your child may:

- Become quiet
- Become more active
- Watch you when you sing
- Begin to recognize the tune
- Make sounds or imitate action songs
- March, roll, clap, tap, move to the beat
- Play a toy instrument
- Try to sing along
- Ask for a song by using gestures or words



### Make a Maraca

- Fill an empty, clean water bottle about 1/4 full with beans, corn kernels, or rice. Hot glue the cover on. Decorate the bottle with stickers, paint, if desired.
- Fill a plastic Easter egg 1/2 full. Place between two plastic spoons and tape together. Feel free to continue wrapping decorative tape around the entire maraca.



# PLAYING WITH INSTRUMENTS

Remember: You don't need to buy fancy toy instruments! Use a simple plastic bowl and wooden spoons for a drum or anything else that makes noise.

0-6 month old (with help from parents)	6-12 month (with help from parents)	12-24 months	2+ yrs (try making with child)
<ul style="list-style-type: none"> <li>• Hit blocks together</li> <li>• Clap hands</li> <li>• Shake and rattle (ex: rattle, bells on ring they can grasp or try sewing bells onto a mitten)</li> </ul>	<ul style="list-style-type: none"> <li>• Clap hands</li> <li>• Stomp feet</li> <li>• Shake bottles filled with dry pasta/rice</li> <li>• Bang/tap tambourines</li> <li>• Bang on a drum (bowl/container)</li> </ul>	<ul style="list-style-type: none"> <li>• Imitate actions and gestures to songs</li> <li>• Shake tambourine/ bottle/maraca</li> <li>• Bang on a drum with drumsticks (wooden spoon and a bowl)</li> <li>• Blow on a kazoo/ harmonica</li> <li>• Wave a ribbon stick</li> </ul>	<ul style="list-style-type: none"> <li>• Imitate actions and gestures to songs</li> <li>• Shake maraca</li> <li>• Play on drums</li> <li>• Kazoo/harmonica</li> <li>• Strum a guitar</li> <li>• Dance with music using ribbon rings/batons or scarves to flow with the music</li> </ul>



## When doing rhymes and songs, remember:

- If it mentions a body part, touch, shake, wiggle, or tickle it
- If there is an action mentioned, mimic it
- Sing whenever you can, like during daily routines, while you move, in the car, etc.
- Change words to familiar songs to match what you're doing. E.g. "Wash, wash, wash your hands" to the tune of "row, row your boat"

## Sing Some Old Favourites!

Here are some fun, traditional rhymes and songs to try:

- Pat-a-cake
- Five Little Monkeys
- Old MacDonald
- Wheels on the Bus
- Head and Shoulders
- Itsy Bitsy Spider
- If You're Happy and You Know It
- Twinkle, Twinkle, Little Star

## Try Something New!

(Tune: "Here We Go 'Round the Mulberry Bush")

This is the way we wash our hands,  
Wash our hands, wash our hands.  
This is the way we wash our hands,  
Early in the morning.  
(use other body parts)