



SING IT, STRUM IT, RATTLE and HUM IT!

Music enhances the healthy development of a growing child's mind and body!

Children are natural musicians.

Music builds early language development. Simple songs, rhymes, and rhythm games help children to distinguish sounds, syllables, and the pace of language and to learn new vocabulary.

Children can express themselves through music. Music is a natural way to experience, communicate and share emotions, as well as support self-regulation skills that can help them manage and regulate their feelings.

It is important that they have the opportunity to listen to many styles of music and to dance, clap, and move to music to show how they feel.

Music is an important part of a child's identity and can boost self-confidence. Together you can enjoy learning about your own culture and those of others through musical experiences such as participating in musical traditions or attending a cultural festival.

Babies coo and babble; young children clap and sing. Parents can nurture these natural tendencies by listening to and making music together.

Children who spend time exploring music strengthen fundamental cognitive abilities. Music also supports social-emotional skills and offers ways to communicate thoughts and feelings. Singing, listening, playing, or making music together is a fun, social experience and builds connections with others.

When music becomes a part of their everyday lives, children can develop a lifelong love and understanding of its many forms, tempos, and styles. And learning to play an instrument is a skill that can last a lifetime!

EVERYDAY MUSIC GAMES TO PLAY WITH YOUR CHILD:

Use different parts of your body to make music. Encourage children to use their voices, hands, and feet to make different sounds and different sound patterns (clap, clap, tap, tap).

Clap, hum, whistle, giggle. When you string fun sounds together, you're making music!

Create a music pattern and guess what comes next. Add spice to your conversations with "call and response" singing.

Use music to signal events in the day, such as singing a rhyme at bath or teeth-brushing time or making up a lullaby during bedtime! Perhaps even create an operetta and sing the retelling of the day's events.

Play simple instruments such as rattles or bells; make drums with dried beans in oatmeal cans or turn over plastic containers from the cupboard and grab wooden spoons. Make the music that's in you.

Visit a music store to explore age-appropriate instruments and find out about music-learning resources for your whole family.



Early childhood is a critical time to support children's natural desire to sing, move, and play with sound. Furthermore, research shows that music and music experiences support the formation of important brain connections that are being established over the first three years of life (Carlton, 2000).

For more information on the benefits of playing music, visit NAMMFoundation.org.

Sesame Workshop is the nonprofit educational organization behind Sesame Street and so much more. Visit sesamestreet.org.