

# The Benefits of Music for Children (Ages 0-5)

As a child sing, dances, and plays instruments, research indicates they are building pathways in the brain that will benefit them for a lifetime!



Helps develop and encourage vocalization!



Contributes positively to brain development!



Provides opportunity of self-expression!

## Infants and Music!

- Infants recognize melody of music before they understand words!
- Some infants try to mimic sounds and start moving to music as soon they are physically able.
- Quiet background music can be soothing for infants.
- Loud music can create distress for an infant.
- Sing simple, short songs to infants in a high, soft voice.

## Toddlers and Music

- Toddlers love to dance and move to music!
- Music with repetition encourages the use of words and memorizations.
- Let them reproduce rhythms by clapping, tapping or using objects.

## Preschoolers and Music

- Preschoolers enjoy singing just to sing.
- Preschool children enjoy nurse rhymes about familiar things like toys, animals, play activities, and people.