

Let's all sing: Enjoying Music & Using Large and Small Muscles

Instructions:

Birth to 5 months:

1. Get in a position where your baby can see your face.
2. Sing to him/her while he watches your mouth and eyes move. Vary the volume and speed of your songs. Sing lullabies with hushing sounds.
3. Hum a song. Then sing something exciting and lively.
4. Notice how your baby responds. When he seems tired, take a break.

6 to 36 months:

1. Sing a song your child knows and encourage him to move to the beat. Babies who can sit up will bounce up and down to the music. Older children may clap, dance in place, or run around.
2. Dance with your child if he can't stand up yet, hold him while you move with the beat. If he is standing up, hold his hands and gently move back and forth to the rhythm.
3. Give your child one of the instruments or household objects. Show him how to make noise with it. Let him play along the beat.
4. Offer other instruments that make different sounds.
5. Encourage your older child to take turns with the instruments.
6. Play as long as your children are interested.

Materials:

- Shakers, drumsticks, xylophones, whistles, pans, and other household objects that make noise.
- Basket of books: 3 or 4 age-appropriate books including 1 wordless book.



What will children learn?

- **Motor:** Bouncing, dancing, pounding, and clapping helps strengthen children's large muscles. Holding instruments builds small muscles in their hands and fingers.
- Music is made of repeated beat patterns and phrases of words. This repetition will help your children recognize patterns in reading, numbers, and the world around them.
- Making music is a good opportunity for unstructured play with no "right" way to do things.