



® Music with Infants and Toddlers

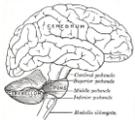
Maryann "Mar." Harman
BA Music/MA Education
Founder Music with Mar.™

Morning session

During the first year of life, rhythm is the element of music that has the greatest effect.
Dr. John Ortiz

"Shake it! Shake it!!" Gets children moving. For those too young to do it alone, help them. Moving gets brain ready to learn and releases neurochemicals, endorphins, dopamine, strengthen the frontal lobe. And, it's fun!

"The 8th cranial nerve is the vestibulo-cochlear which comes from the inner ear mechanism. These connect through the Vestibular system to all the muscles of the body." Dr. Carla Hannaford Smart Moves: Why Learning is Not All in the Head



BRAIN FACT

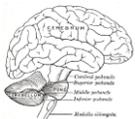
The need for balance, gravity is more compelling than our need for food, touch or even mother-child bond. (Fjordbo, 1995).

Moving the head activates vestibular system and carries impulses to other parts of the brain. When we don't move, we do not take in information.

Important for baby to lift head. Blow bubbles for tracking, head movement

This is why children love to spin. (As adults, it takes longer to get back to a state of equilibrium because of thicker fluid in ear canals.) Peter Alsop "Uh-Oh!" CD

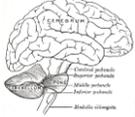
"I Hug You; You Hug Me" encourages interaction with adult and child



BRAIN FACT

Touch precedes hearing and vision as our primary channel for learning. (Goddard, 2008)
120 infants (5 - 24 mos) were more engaged in rhythm-play stimuli than with speech-only stimuli. Zentner & Eerola , '10

"My Hands" Makes them laugh - teaches body parts



BRAIN FACT

At Tallahassee Memorial Reg Hospital, premature and low birth babies that were exposed to an hour and a half of soothing vocal music each day averaged only 11 days in NICU compared to 16 days for control group

"You Gotta Laugh" - vowel sounds; endorphins; encourages laughter

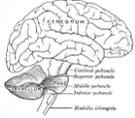
Our tone of voice and facial expressions teach

"Pee Pee in the Toilet Bowl", "Someone Else's Turn" or "My Thumb"

Teach through a song

Three year olds love "Nothing Else"

Sequencing, patterns, memory, language



BRAIN FACT

In 1998, Dr. Weikart found that less than 10% of students could keep a steady beat for one minute. This competency should be in place by age 2 or 3 and definitely before K.

"ABC's" "I Like Apples" Playing with sounds and letters helps for language acquisition.

Learn sounds of language in first twelve months

Put primary language in different place

Babies prefer same language to physical similarities

The ability to learn language lasts until the age of 12.

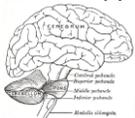
Clapping along involves the motor cortex which puts learning in another part of the brain.

"Pat-a-cake" rhythm, language important

"I Like My Clothes That I Am In" Vocab; clothes; emotions

"Ways to Move". Explore ways to move

Types of transportation

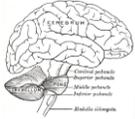


BRAIN FACT

The area of the brain most associated with motor control is the cerebellum. It takes up nearly one half of the brain's neurons. (Ivry & Fiez, 2000). This is the same part of the brain that processes learning.

"Simple Simon" Good ending song. Teaches listening and body parts.

Let children hear words; do not repeat them; will make lazy listeners.

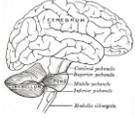


BRAIN FACT

Toddlers and preschoolers are more likely to enact than sing lyrics. Glazer 73

Peek-a-boo! - Constancy, safety

1200 times for baby to get a concept



BRAIN FACT

Infants and toddlers have an innate capability to not only see patterns but also hear them in music. Zentner & Eerola, '10

This is why nursery rhymes are so good!

The Grand Ole Duke of York

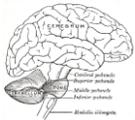
Great for infants. Lift them up and down to words. Toddlers do with whole bodies

Walking, Walking

First do in hands so they have more control

Then, do with whole body

Infants can do while you walk with them in your arms. They feel the word



BRAIN FACT

By five to six months in utero, the fetus can actually process sound, which stimulates muscle tone, (especially core muscles), equilibrium and flexibility.

Sing while pregnant; sing while rubbing a baby's back or rocking

"I Can Count to Ten"

Count fingers

Open / Shut Them

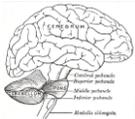
*Done first the 'regular' way

*Second time, change up on timing

*Teaches to pay attention / things change

"Primary Colors" Music can teach concepts.

"Five Senses" Understanding of Body



BRAIN FACT

Children who lack play and touch have 20 - 50% smaller brains. (Perry, 1998