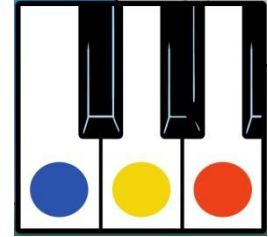


9 Ways **MUSIC** Helps Your Kids

By Katrinka Hansen illustrations by Joshua Timothy



This is the perfect time to raise a family,
when technology provides the opportunity to
ENGAGE & EDUCATE with interactive learning.



Memory Skills

Intelligence

Sounds Everywhere

Speech Development

Mozart Effect

Underestimated Capacity

Singing Brings Smiles

Influences Behavior

Caring and Connecting

Memory Skills

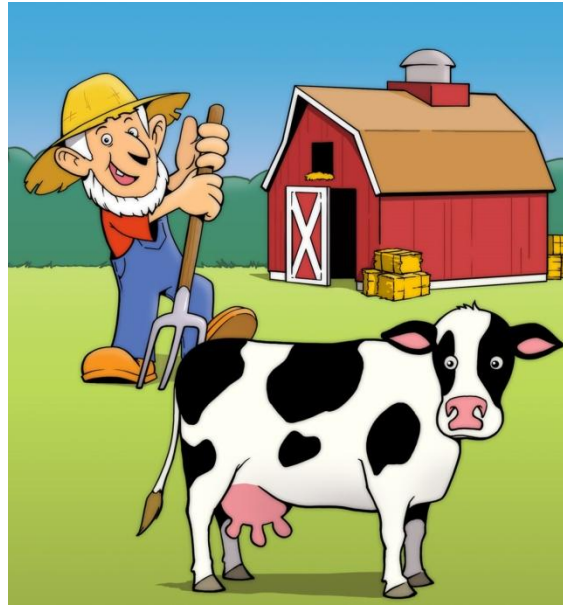
Remember how YOU learned the alphabet? It probably would have been very hard to remember without a melody. The repetition of singing the song over and over helped you remember the letters in order at a very young age. It made your parents very proud ... and increased your budding confidence.

Learning kids' songs exposes your child to vocabulary that may not be expressed in everyday conversation. How many times did he "row a boat gently down the stream"? Has she ever ridden in a "one-horse open sleigh"?

The cadence and rhythm of songs helps children learn speech patterns. Music enriches a child's development because of the repetition offered by children's songs,

enjoyed over and over again. Their pride grows as their memory expands.

Through the presence of recurring poetry and the use of a larger vocabulary, kids who actively participate in music learn to speak and write at an earlier age than those without exposure to music.



Intelligence

Did you know that Albert Einstein was slow in learning how to speak? His parents even consulted a doctor, but he didn't speak until he was 3 years old. Even then he still had a speech difficulty, a slow cadence in speaking where he'd pause to consider what to say next. His mother Pauline was a talented musician and she introduced her son to the piano when he was a small boy. Then she taught him to play the violin, which he studied from age six to thirteen. His continued study resulted in a passion for the violin and he enjoyed classical music.

In school Albert was a poor student and some of his teachers thought he might be mentally retarded. Even when nine years old, he was still unable to speak with ease and confidence. His mother and father were quite

concerned about this. Albert's grade school teachers told his parents to take him out of school because he was "too stupid to learn" and it would be a waste of resources for the school to invest time in his education.

We all know the rest of the story. As a parent you need to be the cheerleader for your child – his mentor, her advocate – to encourage and support. Because Einstein's parents supported him with music in their home, he pushed beyond his slow beginnings and flourished.



I often think in music. I live my daydreams in music. I see my life in terms of music.
~Albert Einstein

Sounds Everywhere

Consider the impact of sounds on your baby's development. The resonance of your voice as you speak to your baby. The magnification of your humming or singing as baby's ear against you provides a direct connection ... without headphones. ☺ Other voices of praise and adoring offer a wide variety of sounds with treble or bass overtones.

Our second child is a daughter who started copying our speech, then stopped speaking. With an older brother to watch, she was very tuned in to our expectations by copying what he did as we gave directions. It was not until she was 16 months old that we realized she could not understand what we were saying. Testing revealed our baby girl was hearing-impaired, profoundly deaf.



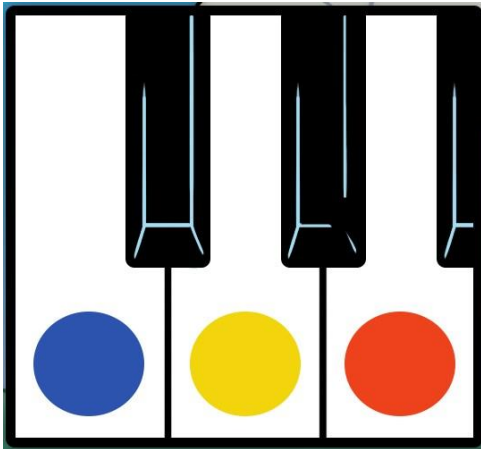
Doctors explained that children make the sounds of all languages, including guttural sounds of native American and European languages. Then they repeat what they hear. Because our daughter was not hearing our response to her early attempts at speech, she soon stopped speaking ... until she got her hearing aids.

I credit singing and music in our home as two factors that helped her to enjoy childhood. She took piano and dance lessons. She could feel vibrations of the rhythm, even if she could not match the tones with her voice. She was on the high school dance team and fit in as a happy, productive student.

Music was a factor in helping overcome her handicap to succeed in school, in college and now as a wife and mother ... with kids who LOVE music!

Speech Development

Language and music have similar rhythmic flows, with beats and tempos following a pattern. Changes in dynamics or volume in music are similar to voice inflection, helping your child to appreciate that the way words are spoken may affect their meaning.



The steady rhythm of playing scales creates a metered pulse, a melodic pattern.

By exposing children to music, researchers believe that more pathways, or neural connections, are formed between the cells in the brain. Although listening to music helps to create these pathways, movement to participate in the music does much more to enrich your child's senses.

A study conducted by educator Phyllis Weikert found that a child's language learning ability was directly related to his ability to tap or clap a beat. Motor skills directly affect speech development.

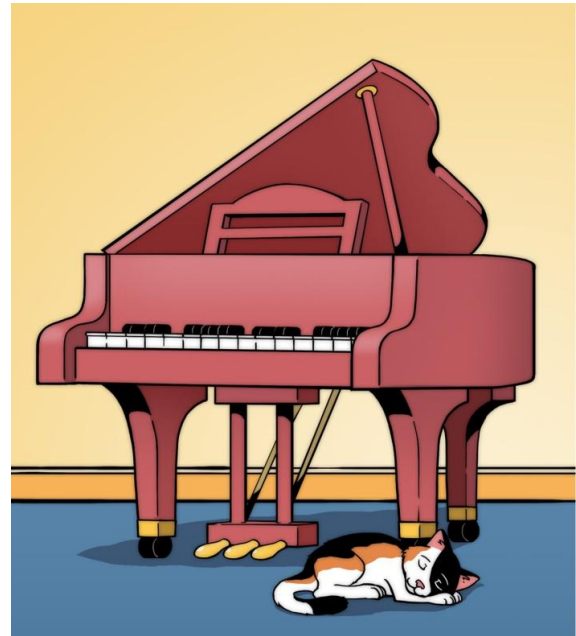
Help your kids get totally involved with the music – clapping, singing, swaying, bopping, and bouncing to the beat!

Mozart Effect

Dr. Gordon Shaw was a physicist at the University of California Irvine when he began to study the effects of classical music on higher-level thinking. After 20 years of inquiry, he and his collaborators revealed in 1993 the startling results of a study that showed a marked increase in IQ for college students after they listened to Mozart's Sonata for Two Pianos in D Major. This came to be dubbed the "Mozart Effect."

Over time, the Mozart Effect has been used to refer to a more general relationship between music and intelligence. A study done by researchers at Vienna University in 2010 found that any music played, whether it was hard rock, country or classical, aided in student scores with reasoning tests.

So turn up the volume as you and your little sweetie bob to the rhythm and sing your heart out to whatever music is playing!



Underestimated Capacity

Do you think a 3 year old can memorize a scripture? Try putting the words to music and the results may amaze you. Not only does music help children to recollect different words that they have learned, music is a stimulus for learning in all age groups. Singing engages both the left and right sides of the brain, so all of the human cognitive abilities are stimulated.

I had a friend in high school who had a problem with stuttering. But in the choir, she started on time every time, without hesitation.



Similarly, I observed my neighbor's father who lost his ability to speak in his later years, but he still sang in the church choir. Speech and singing originate from different parts of the brain.

One of our family traditions as our children were young was to go visit rest homes and sing for the residents. It was amazing to see caregivers in awe that the patient, whom they had never heard speak, was singing along to old favorite songs, just as in younger years.

Some of the care center residents in wheelchairs even got up and danced to music that brought back memories. For them, time was irrelevant because music retrieved memories and actions from the last time they heard that song. For them, the song meant, "Get up and dance" ... as if the music had never stopped.

Singing Brings Smiles

When it's time to pick up toys, try seeing how many times you need to sing a favorite song before the chore is complete. Help your kids learn to sing *Happy Birthday* while washing hands – to make sure all the germs are gone.



The drudgery of dishes is a reality in every household. But I have fond memories of favorite songs I sang with my sisters as we took turns washing and drying dishes. Your little ones can join to help clean up after dinner. Teach them to bring their own dishes from the table to the sink. Keeping kids' dishes in easy to reach low cupboards will encourage their help to set the table.

What can you do when your precious kids get into a tussle? One mother had this solution to children fighting: They had to SING their complaints to each other. And not just singing in a regular voice. They had to sing as if on stage, with operatic vibrato and arm movements. Can you imagine the smiles and laughter that followed?

Make music fun in your home. Happiness is a learned behavior – let's encourage it!

Influences Behavior

“Responses to music are easy to be detected in the human body,” according to Laurence O’Donnell’s study, *Music and the Brain*.

“Classical music from the baroque period causes the heart beat and pulse rate to relax to the beat of the music. As the body becomes relaxed and alert, the mind is able to concentrate more easily.

“Furthermore, baroque music decreases blood pressure and enhances the ability to learn. Music affects the amplitude and frequency of brain waves, which can be measured by an electro-encephalogram,” as reported by Mr. O’Donnell. “Music also affects breathing rate and electrical resistance of the skin. It has been observed

to cause the pupils to dilate, increase blood pressure, and increase the heart rate.”

Our response to music is real. Your kids will respond to music you choose to play on your devices or to sing with them.



Make bedtime special with some “winding down” time to enjoy a few songs together. These precious moments may seem to be insignificant now, but will create lasting memories.

Caring and Connecting

When your baby was born, you probably spent many hours trying to settle your sleepless bundle of joy. With a pat on the back you may have tried to sing or hum to soothe your baby.

Keeping the beat to rhythm of a simple song, patting baby's back creates a caring, soothing connection, reflecting your love and concern.

In a report sponsored by the U.S. Dept. of Education, Bruce O. Boston suggests that lullabies sung to infants "communicate



adult love and the experiences of joy and delight. They teach children that the world is a pleasurable and exciting place to be."

When I was a senior in high school, I was part of a terrible auto accident with broken bones and a concussion for many weeks. One day when my trauma was extremely intense, I was raving and speaking to God as though I was already in heaven. My mother felt helpless to calm me down, but she laid her head on my belly and began to sing children's songs from church. I started to sing along and was soothed. The music spoke to my heart and my body responded.

Singing creates such a personal connection with your child, no matter their age. Your message of care and concern does not need to be spoken. Your presence, your voice, your touch – all convey your love. ❤️❤️

The **Miss Music Lessons** PRIMER Series
<http://MissMusicLessons.com/>

Miss Music Lessons App
Miss Music Old McDonald App
Miss Music Old McDonald Songs
(MP3 with many voices and instruments)

Miss Music Piano 1 App
Miss Music Piano 1 Songs
Piano 1 Music + Coloring Book

Miss Music Piano 2 App
Miss Music Piano 2 Songs
Piano 2 Music + Coloring Book

Miss Music Piano 3 App
Miss Music Piano 3 Songs
Piano 3 Music + Coloring Book

COMING SOON Miss Music Rhythm, Brass,
Woodwinds, Strings and progressive lessons.



Miss Music Lessons is a series of apps to teach kids music at home. Familiar songs introduce kids to the piano keyboard. The multi-media format uses interactive hot spots to touch for sound and animation.



Miss Music begins with primer lessons which encourage your child to sing and play for fun. It's like having a music teacher right in your home. Miss Music hopes your 2 to 12 yr old will say, "Listen, I can play the piano!"

