

Parent Information Sheet: Neuroscience Evidence

Did you know that effective **music practice supports brain development**?

Neuroscience research studies provide evidence that music listening and learning at all ages, from birth until death, has the **ability to grow, change and repair our brains**.

Music practice is a **whole brain work**, exercising neural networks across the whole brain.

There is biological evidence linking music, rhythmic abilities and language skills. The **earlier** the music practice is started the **stronger the impact** on brain development.



Rhythm is an integral part of both music and language, and the rhythm of spoken language is a crucial to understanding the language itself. Research suggests that music training, with its emphasis on rhythmic skills, can **strengthen the skills essential to learning to read**.



Early years music practice will strengthen foundations for music learning at school. Neuroscience evidence shows that there are amazing and diverse neurological benefits to be derived throughout life, from music learning in school years.

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| Verbal and reading skills | Creativity | IQ | Self-confidence and self-esteem |
| Mathematical ability | Long term memory for visual stimuli | Anxiety management | |
| Working memory | Linguistic skills | Listening and concentration | Physical skills |

Boogie Mites share information, links and weekly music sessions for families to enjoy at home on the Boogie Mites Music Club Facebook page: www.facebook.com/BoogieMitesMusicClub