

Parent Information Sheet: Neuroscience Evidence

What does **effective music practice** look like at home?

You can support your child's learning and have fun together with shared music activities. Here are some aims and tips for supporting development through music at home.

Aims

Feeling the beat (developing rhythmic awareness)

As soon as children are able to move, clap, grasp sticks or shakers to keep the beat, they can learn to synchronise actions, developing their rhythm awareness. Regular moving to and keeping the beat using body percussion, movement and instruments, to recorded music with a strong steady beat will maximise the potential to develop rhythmic awareness.



Listening and singing (developing melodic awareness)

Listening to musical arrangements from birth helps to develop pitch and melodic awareness. Encouraging children to listen to and sing along with a wide range of songs will help them to develop melodic awareness.



Learning to sing nursery rhymes and traditional songs

Regular repetition of these songs from any culture, being sung by family and carers from birth to 4 years in the home, at toddler groups and in the nursery, provide the repetition that will have a positive effect on developing language processing networks.

A research study showed that children who know 8 or more nursery rhymes by heart by the age of 4 will be among the better readers and writers in their class by the age of 8.



Tips

Upbeat music

Homemade instruments:

Follow the leader games

Child led games

Rhythm sticks (wooden spoons)

Shakers (rice in pots)

Drums (boxes or pots)

Catchy tunes

Exciting themes:

e.g. jungles, dinosaurs, fairytales

Keeping the beat:

Marching, tapping & banging

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