

# **Boogie Mites Thrive Through Music (Under 3's) Project** **Portsmouth Family Hubs and Home-Start** **Funded by Music for All**

## **Project Overview**

A primary focus of the project was to engage parents attending Stay and Play sessions at each of four Family Hubs in Portsmouth in group music making sessions. To explain to parents the benefits of developing rhythmic and melodic awareness, to strengthen children's foundations for language and literacy, wellbeing and social skills. To also support parents wellbeing through involvement in group music sessions and home practice with their children.

We have created a Boogie Mites U3's App (Thrive Through Music For Under 3's), including music activities appropriate for the Stay and Play Family Groups that are run by Home-Start at Family Hubs across the city of Portsmouth. A secondary aim of the project was to encourage parents to practice music activities with their children at home, and to use the Boogie Mites U3's App to strengthen the benefits of repeating the same music activities at home as they were experiencing in the group.

Three one hour workshops were delivered at each of four Family Hubs during May/June 2024. The workshops covered a selection of music activities on the app as well as parent education about the benefits of music for children and parents. Building on a previous project, where only one session was delivered at each hub, the intention was that multiple sessions would encourage more confidence in the group session and home practice.

## **Boogie Mites Team:**

Project Manager: Sue Newman

Project Administrator: Lucy Perkins

Workshop Leaders: Liv McLennan and Pauline Nixon

## **Home-Start FH Team:**

Lacey Ingleby

Hannah Youell

Yasmin Oliver

## **Stay and Play Workshops:**

7th May, 14th May, 18th June, 2024 at 10.15am at Paulsgrove Family Hub

8th May, 15th May, 19th June, 2024 at 10.15am at Northern Parade Family Hub

9th May, 23rd May, 20th June, 2024 at 9.45am at Somerstown Family Hub

3rd May, 17th May, 28th June, 2024 at 10.15am at Buckland Family Hub

**Feedback from Family Hub Group Leaders.**

An online evaluation was sent to a Family Hub group leaders and volunteers at each Family Hub. The questions and responses have been copied below:

<b>Overall, were you happy with the Boogie Mites music workshop(s) at your setting?</b>					
	1 – Strongly disappointed	2	3	4	5 – Extremely happy
Response 1					✓
Response 2					✓
Response 3			✓		
Response 4					✓
Response 5					✓
<b>In your opinion, did the parents enjoy the session?</b>					
	1 – They did not enjoy it	2	3	4	5 – They really enjoyed it
Response 1					✓
Response 2				✓	
Response 3			✓		
Response 4					✓
Response 5					✓
<b>Do you think that parents and children gained skills from taking part in the group music session?</b>					
	1 – They didn't gain any skills	2	3	4	5 – They gained lots of skills
Response 1					✓
Response 2					✓
Response 3				✓	
Response 4					✓
Response 5				✓	

**Did you observe any of the following benefits for the parents from taking part in the session?**

	Response 1	Response 2	Response 3	Response 4	Response 5
<i>The parents found the workshop uplifting</i>	✓	✓	✓		✓
<i>The workshop enabled the parents to spend time bonding with child</i>	✓	✓	✓		✓
<i>The workshop enabled the parents to spend time bonding with other parents</i>	✓	✓	✓		✓
<i>The parents found the workshop motivating (to try more musical activities with their child)</i>	✓	✓		✓	✓

## What other benefits did you observe?

*“Use of props was great hit among lil ones”* Fathima Galeena Parry Volunteer Home-Start Paulsgrove

*“Kids really engaged with the music and actions and knew what was coming next and all were really good and listening and tidying away the instrument”* Jane Traquair-clark, Volunteer Stay & Play group

*“Kids freedom to have fun”* Ruth, Volunteer

## Feedback from parents

We asked parents to complete a feedback form at the end of their first session. Some parents didn't attend the first or second sessions, therefore this initial feedback was gathered after the first session that they attended.

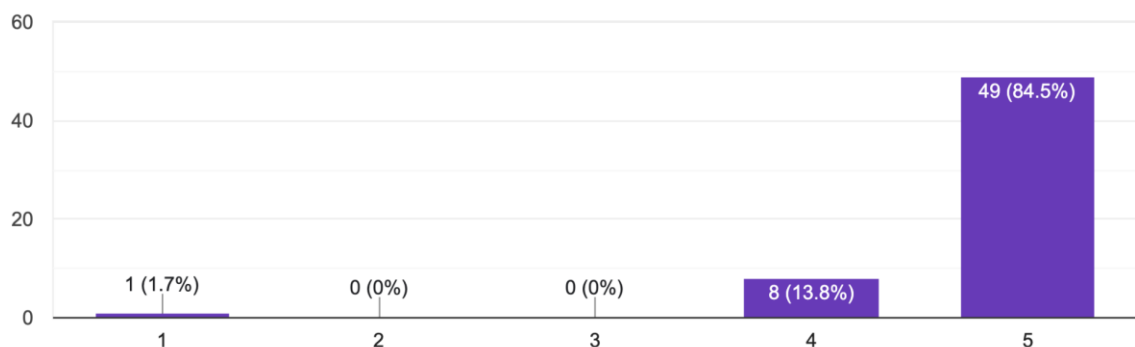
We gave the parents the option of completing the form online after the session or they could complete a paper version before they left the family hub. Of the 58 responses, 10 of them were submitted online.

After the third session at each Family Hub, the parents were asked to give feedback about their experience of taking part in music activities at home. We gathered feedback from 28 parents about music activities they did at home.

The questions and responses have been copied below:

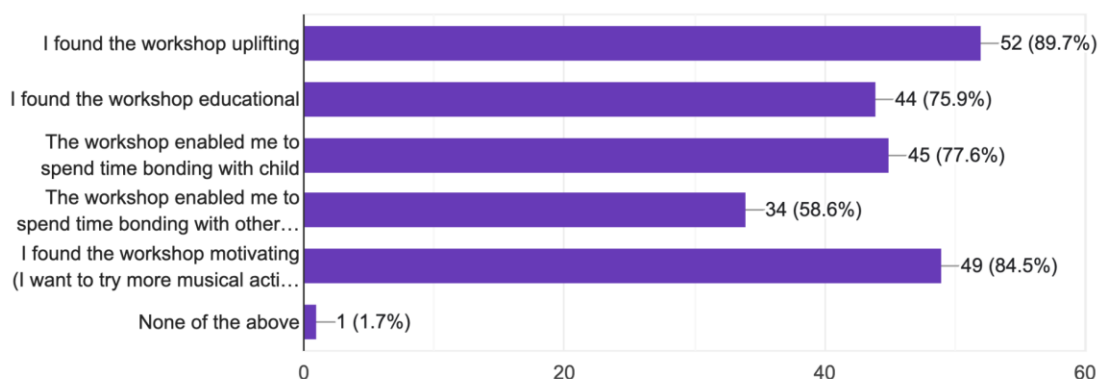
### 1. Did you enjoy the Boogie Mites music workshop at the Family Hub Stay and Play Group??

58 responses



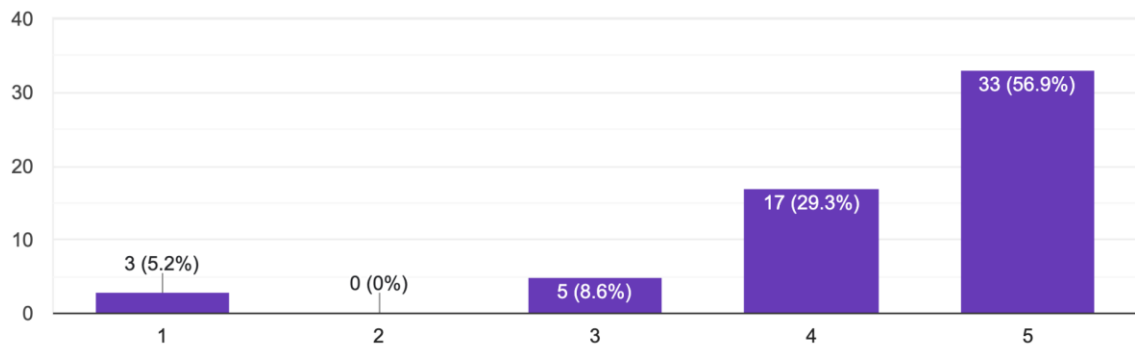
### 2. Which of the following describes how you feel about the workshop (tick as many as apply)?

58 responses



3. Did you learn about the benefits of music and movement activities for children's development in family groups and at home?

58 responses



4. What did you learn about the benefits of music and movement activities for children's development?

33 responses

*"Helps Them To Develop"*

*"It build confidence in kids and helps with their speech"*

*"More movements to do with songs"*

*"Music interact with children"*

*"The musical workshop was really uplifting and my kids and I really enjoyed it and I have learned that music can be a really great way to learn and enjoy play"*

*"I'm a student volunteer. I found it really motivational. Gave parents some tips to use"*

*"Speech development, concentration, confidence"*

*"New songs and how to make a drum"*

*"New songs"*

*"Importance of repetition"*

*"I learnt about the importance of rhythm & beats for baby"*

*"I already knew as I am a special needs teacher!"*

*"How fast they pick things up"*

*"Using music in everyday situations"*

*"Movement is very important for all childs developments"*

*"That my son enjoyed himself"*

*"Music is important for children and their learning. It can help to make things fund. Helps to transition in daily activities Helps development and speech."*

*"Not sure, but I did have fun with my son when he felt like joining in!"*

*"It was very relaxing and calm for babies and children as well fun"*

*"How to make words like "stop" a little more fun"*

*"Very good"*

*“Fun for all aged little ones. Tidy up in a fun way”*

*“I learnt that my children loved Boogie Mites & loved singing & dancing!”*

*“Engaging more with my child. Follow his lead, play, sing and have fun.”*

*“When the parents join the activities, the kids also do it freely”*

*“Interaction and attention build-up for my child”*

*“How important it is for me to join in with my daughter”*

*“I learned that music can help children to educate their behaviour and emotional feeling”*

*“It's great for speech and language”*

*“Motivation and spending time with others and my child.”*

*“Learn activities through play.”*

*“Rhythm importance to children”*

*“We have really enjoyed boogie mites.”*

*“It was really engaging with great ideas to try at home. It also gave me a chance to get out the house in a supportive environment”*

*“We will make some of our own home made music toys - thank you”*

*“I enjoyed the class - it was nice to meet other mums”*

*“My daughter loved the sessions. Will download the app to use at home”*

*“Both my girls loved the sessions”*

*“The group is amazing we all had so much fun thank you”*

*“Great friendly leaders”*

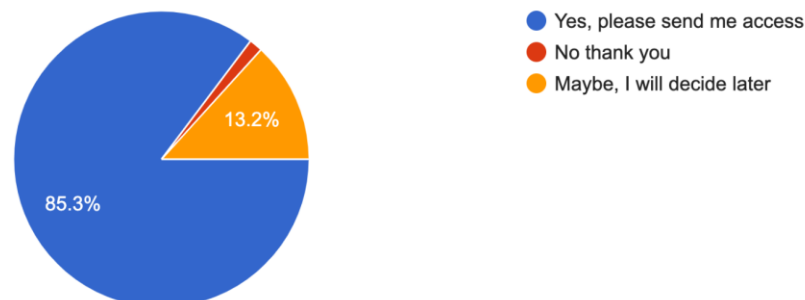
*“Great fun for all ages”*

*“Had a fantastic session today at stay and play. My daughter and I enjoyed it a lot. Thank you.”*

*“The kids related well to the songs”*

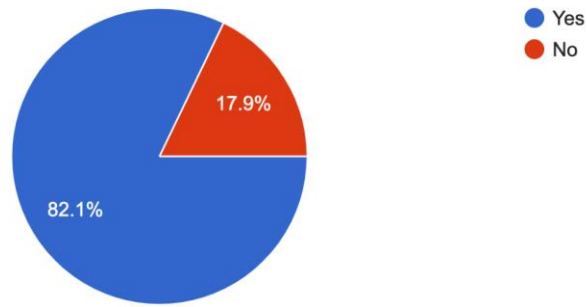
5. Are you motivated to try out the music activities at home, via our Boogie Mites digital platform:  
Under 3's Thrive Through Music?

68 responses



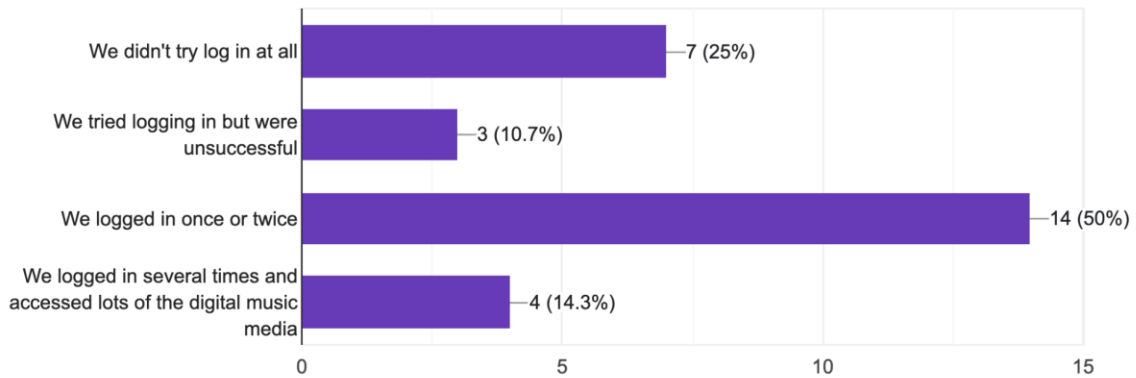
6. Did you try out any music activities at home?

28 responses



7. How often did you log in to try the digital music activities provided by Boogie Mites?

28 responses



8. Tell us what you enjoyed about using the songs on our digital platform.

*"We used our familiar songs to sing along to and had lots of fun"*

*"They are easy to sing along to"*

*"Engaging children to socialise & join in"*

*"Enjoyed singing together and using actions"*

*"New songs, easy to follow & dancing"*

*"He could watch along & we could dance together"*

*"My daughter was singing and dancing"*

*"Can use whenever"*

*"Drum with stick one enjoyed a lot"*

*"I enjoyed a lot"*

## **Conclusion**

Family Hub Stay & Play group leaders and volunteers reported that overall, they were happy with the music workshops. They reported that generally, the parents enjoyed the sessions and that the parents and children gained skills from taking part in the workshops.

One of the leaders commented that a couple of the parents reported that the sessions were noisy and hectic. Boogie Mites leaders also observed that some of the parents were preferring to continue their conversations with other parents rather than focusing on the music session. We acknowledge that Boogie Mites was not the only focus of these stay & play sessions, and that it meant some parents were missing out on their social time. However it also meant that some parents who would not have opted to come to a music session, got to experience this and most of them enjoyed it.

In a previous project, we struggled to get feedback from parents using digital forms. Using a paper form at the end of the workshops ensured that a good amount of feedback was gathered from the parents.

The feedback we received directly from the parents showed that they enjoyed the workshops and found them to be uplifting and educational. The parents reported that they found the workshops enabled them to spend time bonding with their child(ren) and motivated them to do music making activities at home.

We were disappointed that more parents did not use the Boogie Mites App with their music activities at home (18 parents used the app). However, we were encouraged that around a third of all of the parents (23 out of 68) that we met during this project reported that they did take part in some music activities at home following the session.

We intend to survey the same set of parents at the end of the Summer holidays. Several of the parents only got access to the Boogie Mites App after the third session. We hope that more login to the app over the next few weeks, and we will ask them for more information about their experience of using the app.

If we have funding to run these sessions again, Boogie Mites would discuss with the Home-start team to find the best time, frequency and support needed to reach the families who would benefit the most and to encourage more home practice.

Boogie Mites would like to thank the Home-start team, including volunteers for their support with providing this project through Family Hub Stay and Play sessions. They are a dedicated and passionate team supporting families across the City, we hope to work with them again to extend this project.