



Wee Learn

Wee Builders
(3-4 years):
Why Music is Key To Your
Child's Development



Music is an essential part of every child's development. A great song can often light up their eyes, encourage them to move around and dance, and even help instil a sense of confidence. And it doesn't end there.

Studies have shown that music can help with language skills, develop fine motor skills and improve one's overall IQ. Here's a look at six ways a child can benefit from growing up with music:

1. Music cultivates little learners - It can enhance fine motor skills, prepare the brain for achievement, boost memory and even improve abstract reasoning.
2. Music might help with their math homework. While *Baby Mozart* may not be a game-changer, classical music is mathematical. According to parenting resource, Parent Map, the many notes and rhythms all create "strong neuro-pathways through musical patterns that later add up to higher math skills."
3. Music can improve literacy. "The way we process musical sound is the same way we process speech," says Susan Hallam, a professor of education at University College London. Because of this, children who take music lessons can improve their listening skills and, in turn, improve the way they process language.
4. Music inspires a creative spirit. Whether it's making up the lyrics to songs or dancing wildly to the beat, your children will tap into their inner creative spirit.
5. Music builds confidence. As parents, we want to do everything we can to help boost our children's confidence. With music, kids can express themselves; improve their skills and practice performing in front of others.

Here are a few fun ways to add music to your everyday activities:

- Sing bedtime stories: Belt out classic picture books, such as *Five Little Ducks* or *Twinkle Twinkle Little Star*.
- Make your own musical: when talking to kids, speak in song to make it more fun.
- Play a round of car karaoke: Find a song that everyone can sing along to (and they won't notice the length of the car ride).
- Add a song to children's routines: Create fun, silly songs to sing while brushing their teeth, cleaning up their toys and getting dressed for school.
- Try soothing spa music before bed: This will help children relax as they wind down.
- Mix it up in the kitchen: Grab a pot and wooden spoon to help them practice drumming a beat

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