

The Story of Music

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Why is music important for my children's growth at an early age? Is my child too young to understand and make music? These are some of the questions I receive often as an early childhood music educator. The answer is that children are natural music makers, and it is never too early for them to experience music. Even as babies, they will coo or cry to the tone of music melodies, they will bounce their bodies trying to find the beat, and respond to music they hear. Music experiences help children grow not only musically but also socially, emotionally, physically, and cognitively. Also, it's a lot of fun!

Music develops the brain

Both sides of a child's brain are working when they sing, make music, or dance. The neural pathways that are being rapidly developed in their early years can be supported and strengthened through musical play. Research shows that musical experiences, such as finding a steady beat, singing, and playing with age appropriate instruments, support literacy and other academics. The neural pathways connected to language, executive function, and memory are being lit up when children are making music!

Music supports emotional growth and social skills

When children are making music, they have a safe way of expressing themselves. Maybe they're expressing themselves through drumming, singing, or dancing freely to music. But when making music, it can give children a way to communicate how they are feeling, even if they don't have the words. In music class, we sit in a circle and make music as a group. Even though I am the teacher, they are leading the experiences just as much as I am. Through group music making experiences, children learn turn-taking, empathy, listening to others, and sharing space respectfully.

Music nurtures family connection

Children learn best through interaction with their favorite grownups! When children are making music not just at school but also at home, it helps children build a strong, positive connection to music. No matter what you believe your musical ability to be, children don't care and just want to experience music with their caregivers. It enhances their relationship with their grownups. Music can be a very helpful tool at home for transitions, bonding, and creating a sense of belonging. I encourage you to play music in the background, dance, and sing with your child to help support their musical journey.

All children are naturally musical, and the more we support them through music, the more music can help their learning, emotional growth, social skills, and connection with themselves and others!