

## February 2018 Garden Notes



### Music and Movement for Success

by Kirsten Goode

Young children love music. And you've probably also heard before that young children *need* music for brain development. This is true! Music stimulates neurons in areas all over the brain. But what else does it do for our children, and why should we incorporate it into our parenting strategies?

When children participate in music and movement in their home and school life, they become exposed to lots of chances for both gross and fine motor development. Simple fingerplays, counting, and dancing all give children a chance to move their bodies in a purposeful manner. Music also helps develop a sense of order in children. When children are stressed, out of sorts, or having trouble getting out the door, a simple tune can help bring them back to an orderly state. And in the same way you maybe listened to your favorite album on repeat for weeks on end: music doesn't need to be novel to do the trick. Having a handful of songs in your pocket -- or even having two or three tunes that you change the lyrics to for different occasions -- can help to achieve your different parenting goals (to help excite, calm, focus, etc).

Tips for Incorporating Music and Movement at Home:

Sing songs at home that rhyme, are simple, and repetitive

If you "can't sing" - who cares! If you're an amazing singer, try not to focus on impressing your child. Focus on rhythm and basic pitches that your child can match and sing along with. Sing slower, but not too slow.

Moving to music is very beneficial for children's proprioceptive development (their body in space). The body is an excellent instrument! Sing songs with movements that cross their body (called crossing the midline), and match one movement per phrase or word.

If you're trying to calm a child, sing a song three times: once in a "normal voice", the next in a whisper, and finally just mouthing the words with the movements.

Begin and/or end sings with a deep breath, sitting/standing up tall. This is very helpful during those tricky transitions!

For more tips and practice on how to incorporate music and movement for success in your home, *come join me on February 6 from 1:45 to*

3:00 pm upstairs for a coffee and chat!

RSVP



*Valentine's Day is just around the corner* and, although those adorable cards and candies are tempting, we ask that you do not send them to school. The children will have valentine related activities and will be making Valentine's for all the businesses and people who help keep the school running. Candy and cards for each classmate can get out of hand so we appreciate your understanding and cooperation!



*Thanks* to all of the talented "Mom Chefs" who have come in to share their skills and recipes with the children. It has been and will continue to be a highpoint of the day at school. We also owe a special thanks to the **parents** who come to be with the children at **XP lunch**. They always enjoy having you here and it is a great support for the staff!



*Keep an eye on your inbox February 1st* . Forms and information for enrolling your child in the next steps at Children's Garden will be included. Current family materials will be due back to school by **February 15**.



*Summer Camp Update* Mark your calendars for Primary and Toddler camp at CGMS July 9 – 26. Registration will be available before Spring Break.



*Looking Ahead* There is **NO SCHOOL** for students **Friday, February 16** for a teacher work day. The school is **CLOSED February 19 and 20** for Presidents' Day.

