

Babies love Music



Making music with your baby is a fun and easy activity that can provide a wonderful bonding experience for you to share. Singing words and phrases slows the words down so they are easier for your baby to understand. Singing together regularly helps them to build up a vocabulary of sounds and words long before they are able to understand the meaning. Listening to music also helps to put babies and toddlers into a relaxed and receptive state – perfect for when you want to try a new activity with them. When singing with your baby, encourage them to clap along and move to the beat as you sing together.

For younger babies, pick songs and rhymes with a simple, steady beat and lots of repetitive language. For older ones try more energetic songs with more varied beats, tones and rhythms. Allow your baby to take the lead and copy what they do – for example actions, clapping or jiggling to the beat of the music. Copying your baby like this will increase their self-esteem and self-confidence and will encourage them to join in even more.

Making your own instruments doesn't have to be complicated or expensive – if you can shake it, bang it, rattle it and make a noise, it's an instrument! Dried rice or lentils in an empty plastic bottle makes a great shaker! Young children love nothing more than emptying out your kitchen cupboards and using kitchen implements of all shapes and sizes to make sounds. Tapping, banging or shaking them in time to the music will introduce them to the idea of rhythms, patterns and beat which are useful for problem solving and reasoning.

Allowing your older baby to make a noise with an instrument encourages self-expression and gives them a way to communicate how they're feeling before they can talk. Try placing a selection of simple instruments with a variety of sounds in front of them. Show them how to make different sounds, then sit back and watch - they tend to be more creative if they're given choice and freedom to play.

At every stage, make sure you praise and encourage your baby's efforts. Showing your appreciation and enthusiasm, however noisy they are, will positively enhance their confidence, self-esteem and creativity. Who knows; you might have the next Mozart on your hands!