



® Music with Infants and Toddlers

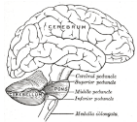
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Founder Music with Mar.™

### Morning session

*During the first year of life, rhythm is the element of music that has the greatest effect.*  
Dr. John Ortiz

"Shake it! Shake it!!" Gets children moving. For those too young to do it alone, help them. Moving gets brain ready to learn and releases neurochemicals, endorphins, dopamine, strengthen the frontal lobe. And, it's fun!

"The 8<sup>th</sup> cranial nerve is the vestibulo-cochlear which comes from the inner ear mechanism. These connect through the Vestibular system to all the muscles of the body." Dr. Carla Hannaford Smart Moves: Why Learning is Not All in the Head



### BRAIN FACT

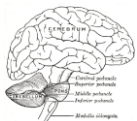
*The need for balance, gravity is more compelling than our need for food, touch or even mother-child bond. (Fjordbo, 1995).*

Moving the head activates vestibular system and carries impulses to other parts of the brain. When we don't move, we do not take in information.

Important for baby to lift head. Blow bubbles for tracking, head movement

This is why children love to spin. (As adults, it takes longer to get back to a state of equilibrium because of thicker fluid in ear canals.) Peter Alsop "Uh-Oh!" CD

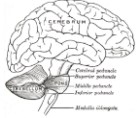
"I Hug You; You Hug Me" encourages interaction with adult and child



### BRAIN FACT

*Touch precedes hearing and vision as our primary channel for learning. (Goddard, 2008)*  
*120 infants (5 - 24 mos) were more engaged in rhythm-play stimuli than with speech-only stimuli. Zentner & Eerola , '10*

"My Hands" Makes them laugh - teaches body parts



### **BRAIN FACT**

*At Tallahassee Memorial Reg Hospital, premature and low birth babies that were exposed to an hour and a half of soothing vocal music each day averaged only 11 days in NICU compared to 16 days for control group*

"You Gotta Laugh" - vowel sounds; endorphins; encourages laughter

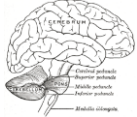
Our tone of voice and facial expressions teach

"Pee Pee in the Toilet Bowl", "Someone Else's Turn" or "My Thumb"

Teach through a song

Three year olds love "Nothing Else"

Sequencing, patterns, memory, language



### **BRAIN FACT**

*In 1998, Dr. Weikart found that less than 10% of students could keep a steady beat for one minute. This competency should be in place by age 2 or 3 and definitely before K.*

"ABC's" "I Like Apples" Playing with sounds and letters helps for language acquisition.

Learn sounds of language in first twelve months

Put primary language in different place

Babies prefer same language to physical similarities

The ability to learn language lasts until the age of 12.

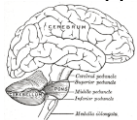
Clapping along involves the motor cortex which puts learning in another part of the brain.

"Pat-a-cake" rhythm, language important

"I Like My Clothes That I Am In" Vocab; clothes; emotions

"Ways to Move". Explore ways to move

Types of transportation

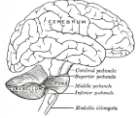


### **BRAIN FACT**

*The area of the brain most associated with motor control is the cerebellum. It takes up nearly one half of the brain's neurons. (Ivry & Fiez, 2000). This is the same part of the brain that processes learning.*

"Simple Simon" Good ending song. Teaches listening and body parts.

Let children hear words; do not repeat them; will make lazy listeners.

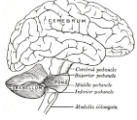


### **BRAIN FACT**

*Toddlers and preschoolers are more likely to enact than sing lyrics. Glazer 73*

Peek-a-boo! - Constancy, safety

1200 times for baby to get a concept



### **BRAIN FACT**

*Infants and toddlers have an innate capability to not only see patterns but also hear them in music. Zentner & Eerola, '10*

This is why nursery rhymes are so good!

The Grand Ole Duke of York

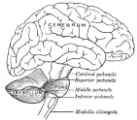
Great for infants. Lift them up and down to words. Toddlers do with whole bodies

Walking, Walking

First do in hands so they have more control

Then, do with whole body

Infants can do while you walk with them in your arms. They feel the word



### **BRAIN FACT**

*By five to six months in utero, the fetus can actually process sound, which stimulates muscle tone, (especially core muscles), equilibrium and flexibility.*

Sing while pregnant; sing while rubbing a baby's back or rocking

"I Can Count to Ten"

Count fingers

Open / Shut Them

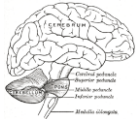
\*Done first the 'regular' way

\*Second time, change up on timing

\*Teaches to pay attention / things change

"Primary Colors" Music can teach concepts.

"Five Senses" Understanding of Body



### **BRAIN FACT**

*Children who lack play and touch have 20 - 50% smaller brains. (Perry, 1998*

### "Mr. Froggy" Builds confidence

1. Singing to a puppet will help children develop:
  - a. Confidence; and
  - b. Ability to speak out

### "The Wide-mouthed Bullfrog"

1. Children will love learning when learning is fun and interactive;
2. Fun books make children want to read;
3. When reading with children, stay in relatively one place.
  - a. Children with attention problems will not be able to focus when you move around.
4. Activities will keep vestibular system activated

### Afternoon Session

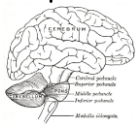
### "Five Fingers" Security of the same outcome; numbers concept

### **Fingerplay Songs**

These songs are enjoyable for children because they enjoy the visual of the fingerpuppets. Some songs teach number sequence (1, 2, 3..)

Others teach number words (first, second, third). Some songs go forward, some backward. It is important to use different types for the children.

Sequencing forwards wires for addition; sequencing backwards wires for subtraction



### **BRAIN FACT**

*Premature babies gained more weight and needed less oxygen when they listened to soothing music or womb sounds. UCLA School of Nursing*

### Frog Glove

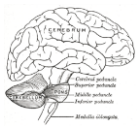
### "Five, Hip-hoppy Frogs"

### "I've Got a Frog on My Thumb"

### "Five Speckled Frogs"

"A Way Up High in an Apple Tree" Each time an apple falls, someone catches it, pretends to eat it, says "Hm. That was good." Good time for children to learn it is not always going to be their turn and it is also fun to watch others have a turn.

### "Ladybug Rap"



### **BRAIN FACT (or two)**

*By toddlerhood, children can discern racial differences and use gender labels. Ramsey 04 Authentically looking in someone's eyes stimulates oxytocin. (Schwartz & Russek, 1996)*

"Bunny Foo Foo" Traditional song- nothing valuable taught. Here's what we can do:

1. Validate that the mouse is hurt;
2. Tell rabbit "Look. The mouse is crying. You hit the mouse. Hitting hurts. You may not hit.";
3. Instruct the rabbit to say, "You're crying because I hit you. Hitting hurts. I will not hit you again." (You can teach "I'm sorry" but by itself, it means nothing.)

Allow mouse to decide if she wants to play with the rabbit. This teaches there are consequences to negative behavior; allows mouse to feel safe and in charge.

**Do not teach music; use music to teach!** Integrate throughout the day.

### **Monkey Glove Songs**

"Five Monkeys Jumping on the Bed" (or use shorter version)

"Here Sits a Monkey"

### **Barnyard Glove Songs**

"Animal Sounds" Any sounds help to develop language

"Who's in the Barnyard?" Language

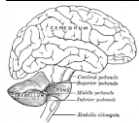
"What Animal's Missing?"

### **Sky Glove**

"What's up in the Sky" Basic identification of what is in the sky

"Way Up High" simple counting song

"You Are the Best" Gives value to the baby and the relationship

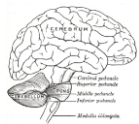


### **BRAIN FACT**

*Having a secure, trusting relationship with their parents will optimize a child's intellectual potential. (Mate, 1999; Kluger & Park, 2001)*

"Take Your Little Hand" Use Mr. Froggy to invite children to participate.

"Simple Simon" - Follow simple directions; say goodbye



### **BRAIN FACT**

*Songs with more verses that may be more complex (have more verses and emotions) become appealing around school age. Hagler '82*

*Please listen. She calls the babies "Delicious!"*

Interview with Dr. Alice Honig by Maryann Harman

<http://www.musicwithmar.com/wp-content/MusicLearning/BondingHealingTeachingInfants.mp3>

## Additional Recommended Songs for Infant / Toddlers

Tunes for Tiny Tots	Music with Mar.
Music with Mar.	Music with Mar.
Songs for a Great Day!	Music with Mar.
Singing in a Different Key.	Music with Mar.
Paddycakes & Lullabies	Tickle Tune Typhoon
Can You Sound Just Like Me?	Red Grammer
Rock the Baby	Mr. Al
I Love You Rituals Vol 1 & 2	Becky Bailey/Mar. Harman
Baby Songs	Hap Palmer
Uh Oh!	Peter Alsop
I Am Special	Thomas Moore
Celebration of Song	Music for Little People

### Classical Music Suggestions for Children:

Carnival of the Animal	Saint-Saens
Tubby the Tuba	w/Danny Kaye
Peter and the Wolf	Prokofiev
Nutcracker	Tchaikovsky
Building the Baby's Brain	compilation by Sony for GA

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