



## THE BENEFITS OF MUSIC

Music is essential in the total growth of a child. It contributes to the physical, intellectual, social and spiritual growth of a child and therefore needs to be supported as an essential part of a child's education. According to an article written in Healthy Kids Magazine, just 15 minutes a week with group singing may significantly improve spatial intelligence--the kind needed for high-level math and science. Frances Rauscher, a psychologist at the Center for Neurobiology of Learning and Memory, compared 19 preschoolers enrolled in music programs with 14 classmates who took no music lessons at all. After eight months, the children with musical training experienced a 46 percent boost in spatial IQ scores, while the IQ scores of the children with no music lessons had increased only six percent. Frances Rauscher concluded that music lessons seem to strengthen the links between brain neurons (cells that can transmit and receive nervous impulses) and build new neural bridges that are necessary for good spatial reasoning.

Listed below are a few more ways in which music can enhance your child's development:

- ◆ Music is perfectly designed for training children's listening skills and concentration. Good listening skills and **school achievement** go hand in hand.
- ◆ Music helps to develop a child's imagination and creativity. Making music is **a creative experience** which involves expression of feelings. It can help develop a child's personality (especially a shy individual), by easing their way into self-expression in the way of humor, happiness, beauty, or sadness through speech/song as well as movement. Children often do not have the words to express themselves and need positive ways to release their emotions.
- ◆ Music improves the child's **muscular coordination**. It develops precise control of smaller muscles in the arms, hands, and feet through movement and instrumentation as well as internal muscles used in breathing and singing.
- ◆ Music promotes **coordination of words and actions**.
- ◆ Music helps teach counting and alphabet skills. It builds **memory retention** and **verbal and nonverbal skills**.
- ◆ Music boosts a child's **self-confidence** by performing in public.
- ◆ Music teaches **cooperation and teamwork** through music ensemble rather than through constant competition.
- ◆ Music enhances the ability to relate to others through the development of many **social skills** such as sharing. Most importantly, music provides an opportunity for acceptance. It provides an opportunity to meet new friends and just have fun.

**Caryn's MusiCreators classes** will include all aspects of musical learning. The goal is to instill the joy of music in children by engaging families in **developmentally appropriate music activities** involving the whole child – the child's desire for language, the body's urge to move, the brain's attraction to patterns, the ear's lead in initiating communication, the voice's response to sounds, as well as the eye-hand coordination associated with playing musical instruments. Children will be involved in many fun activities such as movement games and dances; listening activities, stories and poetry; instrumentation used with songs, stories, and poetry; and plenty of singing. So enrich your child with the gift of music!