

Teach Your Child to Learn Through Music

Kasey Little, MT-BC

Sara Kazanski, MT-BC

Why is music an effective learning tool?

From Music and Learning: Integrating Music in the Classroom by Chris Boyd Brewer:

A few reasons why music helps us learn:

- Establish a positive learning state
- Energize learning activities
- Change brain waves states
- Focus concentration
- Increase attention
- Improve memory
- Facilitate a multisensory learning experience
- Release tension
- Enhance imagination
- Add an element of fun

- Music is a whole brain activity, meaning the right and left hemispheres of the brain are working at the same time.

-Children often learn and retain information better when put to a tune or a rhythmic pattern (Alphabet Song; Head, Shoulders, Knees and Toes, etc.)

How to incorporate music at home, in the car, etc.

Music can be used in activities of daily living to help establish routines and aid in remembering the order of events. Music can also be used as a tool to calm or relax a child who may be exhibiting behaviors associated with stress, anxiety or anger. Music can be a very effective tool to encourage a child to learn on an academic level, as well as encouraging social interaction and communication.

Daily Living

Music can be used to help in daily routines, remembering a sequence of steps, transitions, and as positive reinforcement. For example, songs can be sung while a child is remembering a morning or bedtime schedule. Songs may assist a child in remembering the sequence of events for brushing his teeth, getting dressed, washing his hands, getting ready to go to school, before or after meals, taking a bath, or other daily routines. Music can also be used to help in transitions such as cleaning up, putting toys away, or saying goodbye to a friend.

Examples: Bedtime Song, It's Almost Time for Breakfast, Wishy Washy

Relaxing/Calming Music

Music may also assist children in relaxing or calming down. The child can listen to or sing music as a way to help in taking deep breathes, to help make a scary situation more comforting (i.e. taking a bath, saying goodbye), or as a way to get his emotional temperature where it is supposed to be. Singing to or with your child is a great way to build your relationship and for modeling positive attitudes and coping skills.

Piggy Backing (Create a Song)

A common way of learning through song is called Piggy Backing. It consists of taking an already familiar tune and putting your own words to it. It is easier than trying to write your own song and words. Piggy backing can be used for any situation in which you need song to help your child learn, and it is easy to improvise the words when you already know the tune. Some commonly used songs for piggy backing are:

London Bridge; Twinkle, Twinkle Little Star; The Farmer in the Dell; Five Little Ducks; Did You Ever See a Lassie?; My Bonnie Lies Over the Ocean; Oh My Darling Clementine; Camptown Races; This Is The Way (So Early in the Morning); Pop Goes the Weasel; Farmer in the Dell; B-I-N-G-O; Frere Jacques; If You're Happy and You Know It; Mary Had a Little Lamb; Old

MacDonald; Row, Row, Row Your Boat; She'll Be Comin' Round the Mountain; The Wheels on the Bus

Warnings:

Music can be a wonderful tool to encourage your child to learn, assist with relaxation/calming down, creating positive energy, and reinforcing desired, appropriate behaviors. However, there are some things to be cautious about. The first is that music should not be played all the time. If the child gets too accustomed to hearing music, it just becomes background noise and is no longer therapeutic or purposeful. Also, do not expect instant results. Like all other situations, it may take time for your child to get familiar with and comfortable with music. Every child is different, and rates of progress vary with each child.

Online resources:

<http://songsforteaching.net/music-and-learning>

<http://www.songsforlearning.com/teachingtips/benefitsofmusicwithyoungchildren/htm>

<http://imagine.musictherapy.biz/Imagine/hello.html>

Teach Your Child Through MUSIC!

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Music can be used to help in daily routines, remembering a sequence of steps, and during transitions. For example:

- Morning schedule
- Bedtime schedule
- Brushing teeth
- Getting dressed
- Washing hands
- Getting ready for school
- Before/After meals
- Taking a bath
- Cleaning up
- Putting toys away
- Saying goodbye

Examples: Bedtime Song, It's Almost Time for Breakfast, Wishy Washy Wee

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<http://www.youtube.com> (search "Washy Washy Clean")

PIGGY BACKING SONGS

BRUSHING TEETH

Tune: Row Your Boat

Brush, brush, brush your teeth,
Brush your teeth so clean.
Brush up and down and all around,
Brush them squeaky clean!

GOING POTTY

Tune: B-I-N-G-O

P-o-t-t-y, p-o-t-t-y, p-o-t-t-y
It's time to go potty!

Tune: The Bear Went Over the Mountain

We're on the way to the potty,
We're on the way to the potty,
We're on the way to the potty...
Because I'm a big kid now!
Yes, I'm a big kid now, Yes, I'm a big kid now!
It's time to go to the potty...
Cause I'm a big kid now!

Tune: London Bridge

Let's go to the potty now,
Potty now, potty now,
Let's go to the potty now,
And make a little tinkle!

TAKING A BATH

Tune: Here We Go 'Round the Mulberry Bush

Now it's time to take a bath, take a bath, take a bath,
Now it's time to take a bath, time to get all clean!
Now it's time to take off our clothes,
Take off our clothes, take off our clothes
Now it's time to take off our clothes
And get in the bath tub!
Now it's time to wash with bubbles,
Wash with bubbles, wash with bubbles.
Now it's time to wash with bubbles
Let's get all clean!
Now it's time to wash our hair,
Wash our hair, wash our hair,
Now it's time to wash our hair,
Now it smells so nice!
Now it's time to rinse our hair,
Rinse our hair, rinse our hair,
Now it's time to rinse our hair,
Now it feels so soft!
Now it's time to pick up our toys,
Pick up our toys, pick up our toys,
Now it's time to pick up our toys
So we can pull the plug!
Now it's time to get in our PJ's,
Get in our PJ's, get in our PJ's,
Now it's time to get in our PJ's,
All ready for bed!

Haircut Song

Tune: Mulberry Bush

This is the way we sit in the chair, spin around spin around
This is the way we cover ourselves, cover ourselves
This is the way we wet our hair, wet our hair, wet our hair
This is the way we cut our hair, cut our hair, cut our hair
Now you get a lollipop, lollipop, lollipop

Bedtime Song
Tune: London Bridge

**Let's get ready to go to bed,
Go to bed, go to bed!
Let's get ready to go to bed,
My cute little sleepy head!**

**First, you need to use the bathroom,
Use the bathroom, use the bathroom,
First you need to use the bathroom
Let's get ready for bed!**

**It's time to put on your pajamas,
Your pajamas, your pajamas,
It's time to put on your pajamas,
Let's get ready for bed!**

**Always remember to brush your teeth,
Brush your teeth, brush your teeth,
Always remember to brush your teeth,
Let's get ready for bed!**

**Now you can relax on the bed,
Relax on the bed, relax on the bed,
Now you can relax on the bed,
Let's get ready for bed!**

**Now it's time to read a story,
Read a story, read a story,
Now it's time to read a story,
Let's get ready for bed!**

**Lay down in bed and go to sleep,
Go to sleep, go to sleep,
Lay down in bed and go to sleep,
Goodnight, and sweet dreams!**

I love you!

Breakfast

To the tune of "Mary Had a Little Lamb"

Wake up and get out of bed, out of bed, out of bed,

Wake up and get out of bed. It's almost time for breakfast.

Next it's time to brush your teeth, brush your teeth, brush your teeth,

Next it's time to brush your teeth. It's almost time for breakfast.

The next thing to do is get dressed, is get dressed, is get dressed.

The next thing to do is get dressed. It's almost time for breakfast.

Then it's time to brush your hair, brush your hair, brush your hair.

Then it's time to brush your hair. It's almost time for breakfast.

Don't forget to make your bed, make your bed, make your bed.

Don't forget to make your bed. It's almost time for breakfast.

The last thing to do is wait 5 minutes, wait 5 minutes, wait 5 minutes.

The last thing to do is wait 5 minutes, and then it's time for breakfast!