



Listen to Music Together

By Kathleen D. Ross

**Take time. Relax.
Be together.
In the moment.**

Rhythm is deep within us. A solid part of our being. The first sounds we hear before birth, are heart beats. It soothes. Grounds us. Balances us.

And with rhythm, comes music. Lullabies are heard around the world, in every culture, in every language. As with rhythm, lullabies ground us.

It doesn't matter if an adult is an opera or rock singer, or a classical or rap musician, anyone can lull a baby to sleep through rhythmic soft sound or a made-up lullaby. So, share this precious time with your little one. Here are some ideas.

1. Talk about types of music. *Is the music fast? Slow? Quiet? Loud? How does it make you feel?*
2. Match the rhythms of the music. Clap hands. Tap feet. Tap a pot with a wooden or metal spoon. Discuss the different sounds.
3. Dance to music with your child. When the music is fast, move fast. When the music is slow, move slowly. *What body parts moved? How did they move?*
4. Listen carefully to words in songs. *What do you hear? What does it mean?*
5. Draw a picture while listening to a wordless song. *What did you draw? Why?*
6. Create musical instruments from objects around the home. Pots, pans, boxes, wooden utensils, spoons, recycled materials, such as empty cardboard rolls (think kazoo!). Just about anything can be used. But do consider safety. Create a band with your instruments. Add real instruments, too.
7. Make up songs while riding in the car. Take turns adding a line to the song.
8. Step outside or open windows. Be quiet and listen carefully. *What sounds do you hear? Birds? Car horns? Sirens? Wind blowing? Discuss what was heard. Do you hear patterns? Do you hear rhythms? What message is being sent?*

*Enjoy sharing music together.
Music expands the brain and our very well being!*



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