



Parents are children's first & favorite toy...Childhood is life's 1st gift. Play it for all it worth. Play it often. Play to know: discovery, wonderment & delight. All children are gifted. Some just open their presents later than others. Sources Unknown. All new parents are at-risk (M. Hyde). Music speaks what cannot be expressed. Soothes the mind and gives it rest. Heals the heart & makes it whole. Flows from heaven to the soul...Source unknown

Nurturing Relationships: Supporting the Bond & Social Connection Through Music, Movement, Literature and More

Hello to everyone. I am truly honored to be with you today. What important work you do. Your home visit bag brings help and hope to so many families. Folks that may be young, isolated, sleep deprived, overwhelmed, new to the community, scared or unprepared for their role as parents. Your presence can offer not only consultation but consolation in an, often, lonely world. Your job is the most important job I know of. Thank you for what you do.

Infants come into the world with an innate receptivity to music and movement. Research suggests that it positively affects all developmental domains; nourishing the brain by building neural pathways through stimulation from all the senses. Singing with baby stimulates both sides of the brain and creates opportunities for social-competence & emotional well-being. With hearing being the 2nd sense to develop in utero, the baby dance begins early. Immersed in sounds and rhythms, babies are seemingly pre-wired for music. They are born ready and expecting to move.

Music is a healing force, can help to refuel, express feelings, rejuvenate and be at the core of social connections formed between children and their significant other. We know the importance of the social-emotional piece. Children can know their ABCs backwards and forwards, but if they don't have social competence and emotional well-being, their ABCs may not serve them well.

There is a strong language-movement connection that will fare better with a strong emotional-social connection. Often parents are not inclined to put baby into the center of their lives or may not have the skills to be confident and effective music makers. Music can be very powerful with a simple song indirectly placing baby at center stage. Music can be the infant-toddler caregiver's best friend and is an indispensable tool that can instantly transform a cranky environment into one of calm & peace, even joy.

Making music is a very easy skill to learn. There just has to be somebody willing to do it. So when Infant Mental Health folks say, "What! Me teach Music?" I say you can & you must. For some children it may be their only form of self-expression and for some parents it may be the only tool readily available to help them out of a challenging situation. Daily routines offer natural opportunities to include music.

My goal is that you come away with a perspective of bonding as a dialogue, a dance between caregiver and child and perhaps the implication for therapeutic intervention. Music and movement are critical components of an infant's life and can greatly enhance baby's sense of trust. Trust laying the foundation for cognitive development and social-emotional well-being. These early musical experiences will affect the children and their families for years to come and is it a gift that lasts a lifetime.

In our hurry up dot com world, we are sitting children as young as 12 months in front of computers. We need to nurture their natural love of music and movement. They desperately need their childhood and often, we are taking it away sooner and sooner. The media is telling parents what our children need to make them smarter, faster. We know that what is important for healthy development has not changed. A 2011 nationwide study by the Gesell Institute for Child Development found that the ages at which children reach developmental milestones have not changed in 100 years (*The Disturbing Transformation of Kindergarten*).

<http://www.stamfordadvocate.com/news/article/Lecker-The-disturbing-transformation-of-5256686.php>

Young children need to know trust-love-safety, be sung & read to, play & dance, do open-ended art. Write down their stories, tape record their songs. Make eye contact with each child everyday. Take time to listen-time to just be. I tell my families to turn off their cell phones & turn to their precious little ones; love them, hug them, hold them close.

Remember. When all else fails, try Singing A Song & Dancing Along. It really works. No talent necessary. **Gari**

DID YOU KNOW?

- Music is the only activity that stimulates both sides of the brain at the same time. Language comes from the right hemisphere and melody from the left. (*L. Williams, 2014*)
- When children are engaged in swinging, jumping or any movement based activity, also involve in an activity, which involves sound, such as listening to music, singing, following beat with clapping or mouth sounds. This provides opportunities to work on auditory processing & cognitive skills as well as communication and speech and language. (*A. Voss, 2014*)
- Highest form of balance=STILLNESS-can't learn to sit still by practicing sitting still (*Connell & Mc Carthy, 2014*)
- The 1st sense to develop in utero is touch, the 2nd hearing. The outer ear transfers sounds to the brain, while the vestibular system in the inner ear maintains balance. (*M. van Gestel 2003*)
- During the first year of life, rhythm is the element of music that has the greatest effect. (*J. Ortiz*)
- Learning and recalling can be enhanced by setting a positive mood with music. (*De l'Etoile 2002*)
- The cerebellum is larger in musicians by up to about 5%. This suggests that finger exercise (as used in fingerplays for younger children) may prompt additional nerve growth. (*Schlaug et al 1998*)
- Music & Movement activities provide a vehicle to teach steady beat. Steady beat is linked to adequate linguistic development. This should be in place before Kndg. Less than 50% of adults can keep steady beat and 10% of kindergarteners.
- One song can appeal to all 8 of multiple intelligences (*H. Gardner*)
- Children who lack play and touch have 20-50% smaller brains (*Perry 1998*)
- Standing can increase heart rate (blood flow) as much as 5-8% (*Krock & Hartung 1992*)
- The brain and the hearts are electrical and need water and oxygen to run effectively. Getting physically involved in a good song helps both organs.
- Children exposed to singing dancing and instrument playing exhibited increased antibodies. (*Lane 1992*)
- The brain develops as it wires. Only way it can wire is through senses as it experiences the world. Novelty wakes it up. Repetition is crucial. Experience wires and repetition strengthens the connections. Environment plays major role in optimizing brain development. 70 % is related to environment. Music offers opportunities for wiring on both sides of brain. (*Pam Schiller 2012*)

*Let us realize that the privilege to work is a gift. The power to work is a blessing and the love of work is success.
David O. McKay*

Studies, Relationships and Musical Connections

*Shouldn't Childhood Be a Journey, Not a Race-unknown...Music is the essence of order & lends itself to all that is good, just & beautiful. Plato...
We see the word clearly when we're children, then spend the rest of our lives trying to remember what we saw. G. Keillor*

Messy Children Make Messy Learners-L. Samuelson-Univ of Iowa 2013

The messier children are, i.e. in highchair, the more they are learning. New research shows if you put toddlers in a setting they know well, their word learning increases. <http://now.uiowa.edu/2013/12/messy-children-make-better-learners>
I like to eat, eat, eat, apples & bananas, chop chop chippity chop

To Mimic Babies Us, Babies Use Body Map in Brain-Saby, Meltzoff & Marshal University of Washington 2013

To imitate, babies first need to register what body part other person used. Study suggests babies do this in a particular way by mapping the actions of the other onto their own body. The neural system of babies directly connects them to other people, which jump-starts imitation and social-emotional and bonding. Babies look at you and see themselves.
<http://www.futurity.org/body-m/> *Open shut them*

How A Mother's Love Changes A Child's Brain-J. Luby, Washington University School of Medicine 2013

Brain images reveal a mother's love physically affects the volume of her child's hippocampus. 10% larger than non-nurturing. Psychosocial environment has material impact on way the human brain develops. Early nurturing positively affects development. Effects of nurturing on brain likely to be same for any primary caregiver.
<http://www.livescience.com/18196-maternal-support-child-brain.html> *I Love You, Put Your Finger On*

Developing a Child's Sense of Security Through Music Working with Shy & Withdrawn Children. Jolanta Kaland- Gallagher-Australian National University. Early Childhood Connections Journal. (ECMMA) Winter 2003 Margaret Mahler Mahler. On sadness & grief infancy & childhood: Loss & restoration of the symbiotic love object.

Physical closeness with a parent provides children an opportunity for what Margaret Mahler called "emotional refueling", which forms a basis for secure separation, explorations, risk-taking and independence. *Peek-a-boo*

"Peek-A-Boo is all the best things. It's mummy reappearing, but it's also about shared communication. "C. Addyman
<http://www.bbc.com/news/health-24553877>

This closeness can be encouraged through partner activities such as dances, games and relaxation. *This little con, rock & row, Apple tree, slow Mozart, Down in the Meadow (see Rock-A-Bye Babies in Workshop handouts on web site)*

The Power of Music and Touch. The Educational Role of Adults & the Environment-Margre van Gestel The Netherlands-Early Childhood Connections-Winter 2003

Since the fetus experiences all kinds of movements, the vestibular system is already programmed at birth to expect movement. Movement is necessary for stimulating the nervous system, with vestibular stimulation alerting, but also calming the infant-as in the soothing effect that comes from rocking.

Oh my darling, Swing me over

If we were to use the metronome to monitor our own rocking pulse, we would discover that we spontaneously rock our babies at the same walking rhythm used during the later stages of pregnancy.

Ah, ah baby

Rocking is a natural tranquilizer, with the movement reminding the baby of being in the womb. In soothing infants, we introduce cadence and patterning in our voices; we rock, walk and they suck-all forms of rhythmic stimulations associated with the temporal patterning of social interaction. (Mahler) *Rocking song*

Music starts at the most basic level-with the tom-tom beat of the mother's heartbeat, rhythmic breathing & rhythmic movements-and this "music" stays in the lives of all human beings until death. *One potato*

Through music and touch, we learn to accept and communicate respectfully with each other.
Up & Down, Here are baby's fingers. One leg, two legs, 1 little leaf

As we experience and learn more about the positive effects of music and touch and as we understand that affective touch combined with music is needed for healthy development and bonding, we realize that the next step is to implement music contact games in early childhood. *1-2-3, Rickety Riding Horse, Leg over leg*

Hugging is a universal component of songs for little children. Thus, preparing a baby lesson that includes touching, singing and playing is not that difficult. Babies are always interested in sounds, language and music, and they thrive on contact through touch. *Mama/papa loves & baby-here's what she does Hug this a way.*

The challenge lies in well-balanced lessons with contact games, while taking into account the various mother-child relationships. Consideration & accommodation must be provided for the insecurity of the unattached child that may panic or are easily distracted." *There's a cow on my toe*

From Neurons to Neighborhoods: The Science of E.C. Development Shonkoff & Phillips (2000)

What happens during the first few months and years of life matters a lot, not because this period of development provides an indelible blueprint for adult well-being, but because it sets either a sturdy or fragile stage for what follows.
Going for a walk, to the park, to the mall.

http://www.umbec.org/documents/school_readiness/Neurons%20to%20Neighborhoods.pdf

Every Child is Musical: The Innate Joy & Pride of Musicality & Learning Music. Trevarthen (2002)

Infants are musical actors, not just listeners. They are performers, not just a receptive audience...The participation of a child in a shared musicality proves that the forms and feeling of music are consequences of the inherent motives of human vitality. *Babs & bums*

Music in Early Childhood: Setting a Sturdy Stage-Donna Brink Fox-Eastman School of Music-Rochester N.Y. Orff Echo. Winter 2003.

Studies of communication behaviors in infants demonstrate that musical behaviors are at core of social emotional connections formed between parents & children. *Here comes a diaper>Hello to _____
(group-where is _____)*

We know it's true that music in EC can make a difference in children's lives. It's also important to understand early music experience can affect people for years to come. Researchers who have investigated the 'strong memories' associated with musical experiences indicate the powerful role that music plays in the early stages of life. *(Gabrielsson, 2001) Let me call you sweetheart (with baby)*

Music-making creates contexts in which children, teachers, and families thrive...infants perceive music in much the same way adults do...adults who observe very young children carefully, learn to recognize ways in which they invite us to be musical with them. *(Sandra Trehub)*

Maternal speech readily captures infant attention, but maternal singing is more effective in maintaining attention. Mother's use of music to manage infants mood has parallels in the therapeutic use of music for regulating emotion in disabled or sick children...*(Bunt & Pavlicevic) You are so cranky*

Research has helped us to understand how mothers produce emotional singing that is exquisitely tuned to the needs of their babies & how infants respond to this singing, forming closer bonds to their mothers/along with touching and rocking, singing helps caregivers to co-regulate infants' states and likely contributes to infants' increasing ability to regulate their own states. *(Trainor) Somebody's tired/hungry*

Few More For Babies

Baa-baa black sheep (rolling)...**Eensey Spider**-tummy/rub up-squeeze down,sun/lift @chest gently...Rolling **Song**-*Tune: Are you Sleeping.* (Babies-face to face on chest...knees up side to side, forward to back....Older-on own...side to side and curl up for back-forth) **Rolling** (4) all day long (2) Rolling (6) Sing a rolling song. (2) Rocking song: holding baby, same words substitute rocking....

Sheet Rides...Swings

Waltz/*moving through planes*

Dancing with Mozart

Moving With Toddlers

Up & Down

I Used to be a Baby *Tune: Battle Hymn of Republic*

Zoom, zoom, zoom *youtube.com*

Walking (4) jump (6) running (6) turn & stop (2) *Tune: Are You Sleeping*

Walking w/the Drum & now we're done. *Tune: Farmer in the Dell*

We're Gonna' Go-go-go

Following the Leader *Tune from Peter Pan*

Around and Around *email for tune*

Blow the Wind *email for tune*

10 fish in the Sea *Tune: Paw Paw Patc/ 10 little indians*

Little Birdie in Your Nest-time to rest-sun comes out to play-birdie fly away-sky-fly-day is done-saying goodbye to sun-now moon shining bright-little birdie say goodnight-in your nest-time to rest. *Tune: Twinkle little star*

Books-Lullaby and Good Night

See Rock-A-Bye Babies in Workshop Handouts for Book List

Here is baby

This little wind

Hush now mama's baby

Rocking baby to sleep

The world is changing a lot. Because of the com & the dot. It's all new today or that's what they say, but friend, it really is not. Arlo & Janis-J. Johnson

We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop. Mother Teresa

Gari Stein...little-folks-music.com...Garistein@aol.com....FB Music For Little Folks

