



Music to My Ears

Young children love to make noise. They explore sound through banging blocks together, shaking objects, or using their voice. Not only do young children enjoy making noise, but they also love to move as well. Sound and movement are an excellent combination of music. As children engage in different forms of music such as singing a song, pounding on a drum, shaking a tambourine, or inventing a new dance, they are learning. Through music, children enhance their problem-solving skills, engage in creative thinking, and build skills in math, literacy, and social studies. Here are some ideas for you and your child to try together as you create “music to your ears.”

Sing Music Made for Children:

- Children don't care how we sing; they just want to sing and have fun. Sing some favorite children's songs such as “Baby Shark,” “Five Little Monkeys,” or “Wheels on the Bus.”

Recite Nursery Rhymes:

- Say or read nursery rhymes to your child. Through rhymes, your child learns to match sounds of language.



Make and Play Musical Instruments:

- Make simple musical instruments from materials around the house. Make cymbals from metal lids. Use wooden spoons as rhythm sticks. Use a coffee can or metal pot for a drum.

Freeze Dance:

- Play some music. Encourage your child to dance in any way the child would like. Explain that when the music stops, the child is to stop. Join in the dance with your child.



References: *Playing with Music at Home*. NAEYC. <https://www.naeyc.org/our-work/families/playing-music-home>; Lerner, Claire and Parlakian, Rebecca. (2016, February 17). Zero to Three. *Play Activities for 12 to 24 Months*. <https://www.zerotothree.org/resources/167-play-activities-for-12-to-24-months>