Raising A Child Who Appreciates Music

Music is an important part of life for both children and adults. We use music to relax, to motivate our physical activity, and simply because music is fun and enjoyable. An appreciation of music can increase creativity and the exploration of beats and rhythms provide an understanding of patterns. Music also promotes language skills and a budding appreciation of poetry. Expose your child to a variety of music. Classical music offers clear, repetitive beats that are pleasing to children. There are a number of bands that only perform fun, educational music specifically for children. Introduce your child to the many different genres of modern music before he is old enough to select his personal favorite. Before the age of ten, most children have chosen a favorite style of music and may prefer not to listen to anything else. Music encourages movement and is an important part of large muscle development. Play an assortment of upbeat music and dance with your child. Young children will not only quickly learn to adapt their movement to the beat of the music, they will imitate your dance steps and those they see on television. Dancing is a heart-healthy form of exercise and loads of fun to little ones. Sing with your child on a daily basis. You musical participation will show your child music is important to you and will encourage him to participate as well. Simple children's songs like "Row, Row, Row Your Boat" or "The Itsy-Bitsy Spider" are easy for children to remember and fun to sing. Singing increases vocabulary and general language knowledge. Don't limit your singing to children's songs. Sing along with appropriate music on the radio or CDs as well. Incorporate music into reading time. Read stories about music and look at picture books with different instruments. There are some books that are based on songs and you can sing as you read. Musical games can also open a child's eyes to the wonders of music. Start a song by humming the first few notes and have your child finish it. Let your child start the song and you can finish it. Encourage young children to make their own music with rattles or a pot and a wooden spoon. Play along with the radio or sing a song as your child plays the beat. As your child gets older, introduce musical toys like shakers, tambourines, and percussion blocks. Preschool children can learn the simple finger notes of a recorder. Playing music helps small muscle development and allows your child to experiment with his personal expression through music. Studies have shown that children who learn to play an instrument, especially at a young age, perform better in both math and reading than those who have no musical training. Research suggests that music lessons for children as young as 3 and 4 can increase reasoning skills and children who receive at least six years of musical instruction before age 12 have expanded vocabularies and mathematical skills compared to those with less training. Piano lessons are preferred by experts over stringed instruments for a child's first musical experience. Playing the piano provides a child with a better understanding of musical theory and chord progression without the frustration of learning difficult fingering techniques. The Superstart-Music Piano for Kids software program is a terrific tutor for children learning to play the piano. Immerse your child in music and musical activities every day. Music is a rewarding and enriching part of our lives and is very beneficial to child growth and development.

About the Author

There is no need to think of strenuous exercise or boring workouts. Growing Stronger is an exercise program based upon sound scientific.

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