



Music with Mar.® Music with Infants and Toddlers

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During the first year of life, rhythm is the element of music that has the greatest effect.

Dr. John Ortiz

"Shake it! Shake it!!" (LED) Gets children moving. For those too young to do it alone, help them. Moving gets brain ready to learn and releases neurochemicals, Endorphins, dopamine, strengthen the frontal lobe. And, it's fun!

"The 8th cranial nerve is the vestibulo-cochlear which comes from the inner ear mechanism. These connect through the Vestibular system to all the muscles of the body." Dr. Carla Hannaford
Smart Moves: Why Learning is Not All in the Head



BRAIN FACT

The need for balance, gravity is more compelling than our need for food, touch or even mother-child bond. (Fjordbo, 1995).

Moving the head activates vestibular system. This carries impulses to other parts of the brain. When we don't move, we do not take in information. This is why children love to spin. (As adults, it takes longer to get back to a state of equilibrium because of thicker fluid in ear canals.) Peter Alsop "Uh-Oh!" CD



BRAIN FACT

Infants and toddlers have an innate capability to not only see patterns but also hear them in music. Zentner & Eerola, '10

This is why nursery rhymes are so good!

I Love You Rituals Musical version Vols 1 & 2 Dr. Becky Bailey/Mar. Harman

"Dancing Hands" "Five Little Babies" Silly songs for interaction

Attention of infant/toddler much shorter than 3 to 4 year old. About 20 minutes.

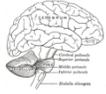
Use shorter songs with minimal words.



BRAIN FACT

Touch precedes hearing and vision as our primary channel for learning. (Goddard, 2008)
120 infants (5 - 24 mos) were more engaged in rhythm-play stimuli than with speech-only stimuli. Zentner & Eerola, '10

"I Kiss You; You Kiss Me" (LED) encourages interaction with adult and child
You Have a Boo Boo - (LED) Teaches compassion
I L O V E Y O U - (LED) Bonding, letters make words, connecting



BRAIN FACT

Premature babies gained more weight and needed less oxygen when they listened to soothing music or womb sounds. UCLA School of Nursing

Mr. Warm Sunshine - Feel special

"My Hands" (LED) Makes them laugh - teaches body control

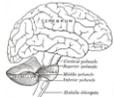
"Mr. Froggy" (LED) Builds confidence
Singing to a puppet will help children develop:

- a. Confidence; and
- b. Ability to speak out

Following a melody leads to phonemic awareness



Pee Pee in the Toilet Bowl (LED)- Awareness of potty training



BRAIN FACT

Children who lack play and touch have 20 - 50% smaller brains. (Perry, 1998)

Having a Ball with Music

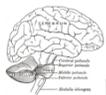
Sit on the floor with the baby and roll the ball

Can be done with two adults sitting with legs straddled and babies inside the legs

Great for vocabulary, motor skills, taking turns, patience

Fingerplay Songs

These songs are enjoyable for children because they enjoy the visual of the fingerpuppets. Some songs teach number sequence (1, 2, 3...). Others teach number words (first, second, third). Some songs go forward, some backward. It is important to use different types for the children.



BRAIN FACT

The area of the brain most associated with motor control is the cerebellum. It takes up nearly one half of the brain's neurons. (Ivry & Fiez, 2000). This is the same part of the brain that processes learning.

During this time of life, build vocabulary for everyday experiences

"ABC's" "I Like Apples" Playing with sounds and letters helps for language acquisition. The ability to learn language lasts until the age of 12.



BRAIN FACT

In 1998, Dr. Weikart found that less than 10% of students could keep a steady beat for one minute. This competency should be in place by age 2 or 3 and definitely before K.

Numbers	<u>"I Can Count to Ten"</u> Count fingers
Colors	<u>"Primary Colors"</u> Music can teach concepts
Five Senses (LED)	<u>"Five Senses"</u> Understanding of Body
Wardrobe	<u>"I Like My Clothes That I Am In"</u> Vocab; clothes; emotions
Transportation	<u>"Ways to Move"</u> . Explore ways to move
Body Parts	<u>"Everybody"</u> Touch body parts as they are called out

Monkey Glove Songs (LED)

"Five Monkeys Jumping on the Bed " (or use shorter version)

Barnyard Glove Songs (LED)

"Animal Sounds" Any sounds help to develop language

"Who's in the Barnyard?" Language

Animal Sounds (LED)- Sounds of animals leads to vocabulary

Peek-a-boo! (LED) - Constancy, safety

"Five Fingers" (LED) Security of the same outcome; numbers concept

Walking, Walking (LED)

First do in hands so they have more control

Then, do with whole body

Open / Shut Them

*Done first the 'regular' way

*Second time, change up on timing

*Teaches to pay attention / things change

"Take Your Little Hand" Use Mr. Froggy to invite children to participate.



BRAIN FACT

Songs with more verses that may be more complex (have more verses and emotions) become appealing around school age. Hagler '82

Know your audience. Keep it simple.

They will want you to repeat. They won't stay around for longer songs.

Please listen to my Interview with Dr. Alice Honig.

She calls babies "Delicious!"

<http://www.musicwithmar.com/wp-content/MusicLearning/BondingHealingTeachingInfants.mp3>

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