



Learning & Growing Together

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The Children & Music Connection

All children are musical. It's always so refreshing to observe children dancing and moving to music. Do you realize the benefits of bringing music into a child's life early in their development?

From birth music training enhances brain function. Studies by Rauscher and Shaw show that early experiences of childhood determine which brain cells (neurons) will connect with other brain cells, and which ones will die away.

Because neural connections are responsible for all types of intelligence, studies also show that a child's brain develops to its full potential only with exposure to the necessary music enriching experiences. If not stimulated during early childhood, these

neuron connectors die, and cannot be revived by any other activity.

Nurturing a child as you sing a lullaby actually may be beneficial even before birth. Scientists are learning more and more about babies and their ability to hear in the womb.



Today embryologists agree that the ear is the first organ to develop in embryo, that it becomes

functional after only eighteen weeks, and that baby listens actively from twenty-four weeks on.

Speaking, reading and singing to a baby before birth enhances its ability to distinguish among sounds after birth. This is known as "auditory tracking." Some scientists

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Twirl Into a Good Book!



Here are some suggested titles to make the most of your read

aloud interactions with your child. Every time you read a story, you are building a closeness with your child that he will remember all his life.

The Animal Boogie

Debbie Harter

Barnyard Dance!

Sandra Boynton

There Once Was a Man Named Michael Finnegan

Mary Ann Hoberman

I Make Music

Eloise Greenfield

The Eensy-Weensy Spider

Mary Ann Hoberman

Clap Your Hands

Lorinda Bryan Cauley

Down by the Bay

Raffi

First Songs

Jane Swift



Today Is Monday

Eric Carle

Music!: Elmo's World

Random House

A, You're Adorable

Martha Alexander

Moo, Baa, La La La!

Sandra Boynton

Toes, Ears, and Nose!

Marion Dane Bauer

Oh Where, Oh Where Has My Little Dog Gone?

by Iza Trapani

Songs to learn and sing together!

Singing songs with your child enhances her language development and when coupled with movement, assists with listening skills and muscle coordination.



Reach your hands high in the air,
And now let's touch the ground.
Hold your head,
Hold your hips,
Give yourself a hug.
Lay down flat upon the ground,
But watch out for the bugs.

THE BIG BASS DRUM

By: Silberg and Schiller

Oh! We can play on the big bass drum,
And this is the way we do it:
Rub-a-dub, boom, goes the big bass drum,

And this is the way we do it.

Oh! We can play the violin,
And this is the way we do it:
Zum, zum, zin, says the violin,
Rub-a-dub, boom goes the big bass drum,
And this is the way we do it.

Oh we can play the little flute,
And this is the way we do it:
Tottle, toot, toot, say the little flute,
Zum, zum, zin, says the violin,
Rub-a-dub, boom goes the big bass drum,
And this is the way we do it.

MOVING SONG

Sung to: "Jingle Bells"

By: Diana Nazaruk

Clap your hands,
Stomp your feet,
Wiggle all around.

The Children & Music Connection *continued*

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believe that babies actually understand what is being said around them.

Music benefits the whole child. Preschool children need to be involved in activities that are experiential-based, not performance-based. Music and movement tend to go hand-in-hand. Some children wiggle their toes or tap their feet while others will move their heads, and still others move their entire bodies to the music.

As children are experiencing



enjoyment with music and action songs they are also gaining more discrimination, coordination, listening, attending, and communication skills.

Music meets children's needs as it benefits their whole being. Music's melodic and rhythmic patterns provide exercise for the brain and help develop memory. Remember singing the ABC song to learn your ABC's? The integration of music, movement, language, and listening seems to be the most important.

Dr. Warren Henry, chair of music education and director of

the UNT Early Childhood Music in Denton, Texas has the philosophy that children learn music in the same way they learn language. "Children need to hear language in order to learn how to speak,"

Dr. Henry said. "Just imagine the linguistic skills of a child who was never spoken to during the first two years of life. Music is learned in a similar fashion. In order to build a strong musical foundation for the future, children need to be exposed to music at an early age. Through this exposure, they will be better able to speak music' as they grow older."

Guest Columnist: *Leesa Albrecht*

Dancing Ribbon Sticks

Try this fun activity to help your child build large muscle coordination and be physically active!

WHAT YOU NEED:

crepe paper (variety of colors)
scissors
tongue depressors
masking tape

music / movement CD or MP3
lots of energy and enthusiasm

WHAT YOU DO:

1. Cut the crepe paper to desired lengths.
2. Use tape to attach the paper strips to the tongue depressor.
3. Turn on your favorite music

and model dancing, twirling, and moving to the music.

Variation:

Tie the crepe paper strips to your child's wrists so that the ribbons are an extension of their arms.





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Family Band!

FUNKY FLUTES

WHAT YOU NEED:

cardboard tubes (one each)
scissors
wax paper
rubber Bands
pencil and crayons

WHAT YOU DO:

1. Poke 3 or 4 holes in the tube about 1 inch apart.
2. Cut a 4 inch square of wax paper.
3. Secure the wax paper over one end of the cardboard tube using the rubber band.
4. Or you can decorate the

tube before you put on the wax paper.

5. Your flute is now ready to play!

JINGLE GLOVES

WHAT YOU NEED:

children's gloves (any color)
bells (the size you choose will depend on the age of your child - the smaller the child, the larger the bell)
yarn (any color)
needle with large eye

WHAT YOU DO:

1. Sew one bell on each of the

fingers of each glove. Be sure to secure it well so that it does not create a choking hazard for small children.

2. Demonstrate how to make music by shaking the hands and fingers. Have your child try to "shake" just one finger at a time.
3. Always supervise your child while playing with the jingle gloves!

In addition to the musical benefit to your child's brain development, this activity will help develop her fine motor skills. And it's family fun!