



5 BENEFITS OF MUSIC EVERYDAY

With school and kinder back in action it seems like a good time to revisit the benefits of music on children's development, because while music is enjoyable it is also a very special gift we give to children that affects them in many varied positive ways.

As adults music impacts us in ways that other sounds don't. It can relax us, take us to a different place or help us to revisit a memory. For children the impact of music is similar - it stimulates the brain, while opening children up to experience a range of emotions and forms of learning.

With the wellbeing of children in mind, let's take a look at five notable benefits of music for children.

Creativity

It's an obvious and yet important element of listening to and creating music, but encouraging creativity allows children to embrace self-expression and experiment with their own unique approach to singing and playing music.

Confidence

Learning to sing all the words of a song or learning to play an instrument – either way, the act of learning in a musical setting is a sure fire way to help children to gain confidence in their ability to take on musical skills.

Communication

As the saying goes 'Where words fail, music speaks'. As we all know, children can often have trouble with finding the words to express themselves but by being in touch with music and song children are able to explore feelings on a deeper level that they may not otherwise understand. Music often tells a story in a way that we can all understand.

To reference another adage, music is a universal language and so it makes sense that children of all ages can bond through music and the shared joy it brings.

Concentration

To sing a song, one must first learn the words and keep practicing to get it right. Listening to music to know when to start singing, or even playing along on a drum and trying to keep the beat. Music helps children to learn to focus which can help them in many other areas of their development.

Coordination

Where there's music, there's movement and while learning an instrument is fantastic for hand-eye coordination, there's a lot to be said for the combination of singing and movement to go with the song. Many songs tell stories not only through lyrics but through actions too.

"The main purpose of music is not to play an instrument in a band or to sing in an opera... The main purpose of teaching music is to enrich the whole child, develop their cognitive abilities, increase their learning capacity and enhance the quality of their life." Galina Zenin

And those benefits are just the C's! There are countless other benefits to including music in children's lives every day, from improving memory to relaxation to boosting brain power. But most importantly, music is fun too!

At Bonkers Beat, incorporating music into every day is our specialty! If you'd like to learn more about the Bonkers Beat programs and Bonkers Beat Music Kinder visit www.BonkersBeat.com