

Even more ideas

Toddlers

- Introduce longer songs with actions that you and your child can do together e.g. head, shoulders, knees and toes
- Varying the way you sing or say rhymes-loud and quiet, fast and slow
- Sing songs or play music that encourages a strong or steady beat e.g. clapping hands as you march around the room
- Make simple shakers using empty plastic bottles filled with buttons or anything that will make a noise
- Being outside gives your child lots of space to sing, dance and make lots of noise!

Families at Play

Families at Play is a series of information leaflets that offer enjoyable and exciting activities for you and your child to do together.

Other leaflets available in the Families at Play series:

Physical Activity over 2's

Physical Activity under 2's

Messy Play over 2's

Messy Play under 2's

Water Play over 2's

Water Play under 2's

Sound and Music over 2's

Sound and Music under 2's

Mark Making over 2's

Mark Making under 2's

Playdough over 2's

Exploring under 2's

Small World over 2's

Pretend Play under 2's

Sound and Music

under 2's



**Produced by Redbridge
Early Years childcare
Improvement Team**



Why is sound and music so important?

At 20 weeks from conception your unborn baby can hear.

From birth your baby may be startled by sudden sounds.

By six months babies may begin to imitate sounds, and by one year your baby may discover musical beats and create sounds by banging objects.

By eighteen months babies may start to respond to music in a more co-ordinated way.

Cooing and babbling, exploring and making sounds are the early stages of language development

From birth to two, singing, rhymes, musical games and listening to music can make you and your baby feel good and strengthen the emotional bonds between you

How will this help my child?

Playing with voice sounds with children under two helps them to learn about listening and talking

Singing songs together about objects and animals can help develop vocabulary

Playing simple instruments and tapping beats will help develop co-ordination

Listening skills will be encouraged by sitting and listening to music together



What will we do?

Pre-Birth and Babies

- Sing and play music that you enjoy to your unborn baby. Playing the same music to your baby when it is born may soothe and comfort them as they can recognise the sounds
- Have your baby facing you and talk to them and mirror the sounds they make. Give them plenty of time to watch and respond-this is the beginning of conversation!
- When you are busy at home, let your child know you are near by singing a special song or rhyme
- Clap hands, pat and tap along to simple songs and rhymes. Babies love repetition: sing their favourite songs over and over
- Add sounds when you're telling a story e.g. woof, woof
- Provide a variety of different everyday objects to bang and tap e.g. wooden spoons and saucepan lids