# **Tip Sheet**

# Benefits of Music and Movement in Young Children

**Standard 2:** Program planning and practices support every child’s optimal development in an inclusive early learning and care environment that incorporates the value and importance of play.

Young children love a blend of music, movement, rhythm and dance. This combination allows them to enjoy the music and express themselves. Music and movement together provide many benefits to social, mental and physical development in children. Moreover incorporating music and movement in early childhood education helps young children with social interaction and language growth. The following is a listing of benefits and supporting activities that can be implemented to actively incorporate Music and Rhythm into daily program planning with young children:

**Music**

* Introducing music in young children’s life develops concentration, memory and listening skills.
* Singing songs helps children in learning speech patterns.
* Singing songs develops a child’s vocabulary and if you incorporate dance into it, the child is able to recall the words through the movements.
* Music stimulates new neural pathways and connections in the brain that speed-up the learning process.
* It enhances the creativity and curiosity in children

**Rhythm**

* To be able to identify a beat within music helps develop the listening and concentration skills in young children.
* To be able to move along the beat helps develop the motor skills in young children.
* Research has shown that young children that are able to identify a particular beat do considerably well in academics.
* If a child is able to recognize a beat and then replicate it, it means that he can easily identify patterns. This is a key mathematical skill.

**Movement**

* Music allows the children to move a lot and hence form a strong relationship between the body and brain.
* Movement stimulates brain development in young children. It encourages the formation of neural connections across the two hemispheres. So what better way to incorporate movement than through music?
* Movement plays an important role in language development as early communication is entirely physical, and depends upon gestures and expressions. Music helps in speeding up the entire process substantially.

**Dance**

* Swaying along with the music helps develops children’s co-ordination, balance and control.
* Research shows that movement across the body helps in developing neural pathways that assist in learning process. Hence, if the dance moves are designed in such a manner that they maximize this effect, it may help considerably in the child’s development.
* Music and dance also help imbibe listening skills into the child’s personality.
* Dance allows children to express themselves. This is a particularly important aspect especially when the child does not have the proper vocabulary to express himself.

As the various benefits suggest, Music, Movement, Rhythm and Dance are key aspects of development of a child’s personality. What a child learns at young age stays with him throughout a lifetime. Supporting music and rhythm is an important way educators can be responsive in nurturing children’s optimal development.