
A Letter to Families About Music and Movement

Dear Families,

We often sing and move creatively in our program. Singing and moving to music give children a chance to hear and appreciate different kinds of music, express their feelings and ideas, and practice new skills. The children love our daily time for singing together, and music helps them learn rules and procedures (such as for washing hands). Here are some of the things I do to encourage children to enjoy and participate in music and movement activities.

- We listen to different kinds and tempos of music.
- We make our own instruments.
- We move to music and dance to different rhythms.
- We sing and chant throughout the day. For example, we sing a cleanup song when it's time to put toys away.
- We use music to express our emotions and ideas.

You don't have to play an instrument or carry a tune to enjoy music with your child. Many of the toys you already have in your home probably make music. Discuss the sounds the toys make as you and your child play with them. Mimic the sounds and hum the tunes.

Take a few minutes to sit with your child to listen to some music. Remember that the music you share with your child doesn't have to be "kid's" music. Introduce your child to reggae, country, jazz, classical, rap, or any music you like.

Here are some more ideas for enjoying music and movement with your child:

- Children love songs and chants about what they are doing at the moment, especially when their names are used. While pushing your child on a swing, you might chant, "Swing high, swing low, [your child's name] feels the wind from head to toe."
- Songs and lullabies can calm a child at challenging times, for instance, during long car trips, while waiting in line, or when grocery shopping.
- Songs can ease your child into tasks like picking up toys, getting ready to go outside, undressing for a bath, and so on. You might try making up a chant to the tune of "Here We Go 'Round the Mulberry Bush." You can sing, "Soapy water fills the tub, fills the tub, fills the tub..." or "We put the toys on the shelf, on the shelf, on the shelf..."

Sharing music and movement with your child is a wonderful way to build a warm, loving relationship and to encourage lifelong exploration.

Sincerely,

Copyright © 2009 by Teaching Strategies, Inc.

All rights reserved. No part of this text may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without prior written permission from Teaching Strategies, Inc., except in the case of brief quotations embodied in critical articles or reviews.

The publisher and the authors cannot be held responsible for injury, mishap, or damages incurred during the use of or because of the information in this book. The authors recommend appropriate and reasonable supervision at all times based on the age and capability of each child.