

MUSIC AND PRESCHOOLERS – Kathryn Blazewicz

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Why Music?

Music appreciation starts before we are born. The first music a baby hears is in the womb. Mum's digestive system, her blood flowing, heart pumping as well as muffled sounds from the environment.

Think of how music makes us feel (**How does it make you feel?**) – happy, fun, creative, sad, relaxed, calm – this happens for children too even an unborn baby gets to know the sounds that make Mum happy, sad etc.

Music is very important in a child's life and the earlier we expose children to all types of music the better. Music allows children to make sense of their world, not to mention vocabulary, literacy, maths, patterning, co-ordination, gross motor and fine motor skills, concepts e.g. fast/slow, stop/start, high/low and rhythm to name a few.

Through music, dance, instruments and rhyme children learn to think, plan, respond, maintain attention, stay on task, problem solve and follow instructions.

What do I need to be able to do music with preschoolers?

You do **not** need to be able to read music or have a music background.

You do **not** need to have backing music or instruments to sing with – **your voice is enough.**

You **do** need to be a participant who is enthusiastic about what you do and **sing.**

You **do** need to have fun with the children and explore all types of music.

I recently heard the saying "**Attitudes are caught not taught**" and it really sums it up.

Some of the points I hope to cover in the workshop are:-

- What songs should I sing?
- I get nervous and forget what songs I want to sing, what do I do?
- I have trouble with getting the children to listen, what do I do?
- What CD's should I use?
- What instruments should I use?
- Circle Time
- Parent Resource Kits