

# Ready to Succeed

An Early Literacy and School Readiness Newsletter for Professionals

## Children and Music

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Guest Columnist:  
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*of Placer County*

All children are musical. It's always so refreshing to observe children dancing and moving to music. Do you realize the benefits of bringing music into a child's life early in their development? From birth music training enhances brain function. Studies by Rauscher and Shaw show that early experiences of childhood determine which brain cells (neurons) will connect with other brain cells, and which ones will die away. Because neural connections are responsible for all types of intelligence, studies also show that a child's brain develops to its full

potential only with exposure to the necessary music enriching experiences. If not stimulated during early childhood, these neuron connectors die, and cannot be revived by any other activity.



**Nurturing** a child as you sing a lullaby actually may

be beneficial even before birth. Scientists are learning more and more about babies and their ability to hear in the womb. Today embryologists agree that the ear is the first organ to develop in embryo, that it becomes functional after only eighteen weeks, and that baby listens actively from twenty-four weeks on. Speaking, reading and singing to a baby before birth enhances its ability to

distinguish among sounds after birth. This is known as "auditory tracking." Some scientists believe that babies actually understand what is being said around them.

**Music** benefits the whole child. Preschool children need to be involved in activities that are experiential-based, not performance-based. Music and movement tend to go hand-in-hand. Some children wiggle their toes or tap their feet while others will move their heads, and still others move their entire bodies to the music. As children are experiencing enjoyment with music and action songs they are also gaining more discrimination, coordination, listening, attending, and communication skills. Music meets children's needs as it



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**Families play music together at Auburn's Musikgarten.**

## Children and Music continued

benefits their whole being. Music's melodic and rhythmic patterns provide exercise for the brain and help develop memory. Remember singing the ABC song to learn your ABC's? The integration of music, movement, language, and listening seems to be the most important. Dr. Warren Henry, chair of music education and director of the UNT Early Childhood Music in Denton, TX has the philosophy



that children learn music in the same way they learn language. "Children need to hear language in order to learn how to speak," Dr. Henry said. "Just imagine the linguistic skills of a child who was never spoken to during the first two years of life. Music is learned in a similar fashion. In order to build a strong musical foundation for the future, children need to be exposed to music at an early age. Through this exposure, they will be

better able to speak music' as they grow older."

The Music Collaborative of Placer County (MCPC) is funded through First Five Placer County and was formed to help bring music to all young children. Musikgarten offers a comprehensive early childhood program that spans the first nine years of a child's musical development. For information please phone Leesa Albrecht at (530) 745-0284.

## Make Your Own Instruments

### FUNKY FLUTES

#### WHAT YOU NEED:

Cardboard tubes (one per child)  
Scissors  
Wax Paper  
Rubber Bands  
Pencil



#### WHAT YOU DO:

1. Poke 3 or 4 holes in the tube about 1 inch apart.
2. Cut a 4 inch square of wax paper.
3. Secure the wax paper over one end of the cardboard roll using the rubber band.
4. Your flute is now ready to

play! You can also decorate the tube before you put on the wax paper.

### JINGLE GLOVES

#### WHAT YOU NEED:

children's gloves (any color will work)  
bells (the size you choose will depend on the age of your children - the smaller the children, the larger the bell)  
yarn (any color)  
needle with large eye



#### WHAT YOU DO:

1. Sew one bell on each of the

fingers of each glove. Be sure to secure it well so that it does not create a choking hazard for small children.



2. Have the children take turns wearing the gloves (depending on how many you make).
3. Demonstrate how to make music by shaking the hands and fingers.

*In addition to the musical benefit, this activity will help children develop their fine motor skills. Have them try to just "shake" one finger at a time.*

## Dancing Ribbon Sticks

#### WHAT YOU NEED:

crepe paper (in a variety of colors)  
scissors  
tongue depressors  
masking tape  
music / movement CD or tape  
lots energy and enthusiasm

#### WHAT YOU DO:

1. Cut the crepe paper to desired lengths.
2. Use tape to attach the paper strips to the tongue depressor.



3. Turn on your favorite music and model dancing and moving to the music.

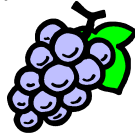
#### Variation:

*Tie the crepe paper strips to the children's wrists so that the ribbons are an extension of their arms.*

# Fa So La Ti Do Fruit Snack

## WHAT YOU NEED:

Large Platter  
Small Mixing Bowl  
Mixing Spoon  
Knife  
2 cups chunked fresh pineapple  
1 firm, large banana, peeled and sliced  
1 cup seedless grapes  
1 orange, peeled and sliced  
1 red apple, cored and sliced  
1 cup pitted prunes  
1 cup pitted dates



## Do Re Mi Dip

1 8 oz carton low fat vanilla yogurt  
1 cup chopped strawberries

## WHAT YOU DO:

1. Wash and prepare all fruit.  
2. Have children help to arrange the fruit on the platter: Talk about the colors and textures of the fruit. The children can practice their sorting and grouping skills by arranging the like fruits together on the

platter.  
3. Combine yogurt with strawberries in small bowl.  
4. Put bowl in center of platter.

Serves 8

## Nutritional Information:

(per serving)  
215 calories  
3 g protein  
1 g fat (.3 g sat.)  
23 mg sodium  
2 mg cholesterol



# Singin' and Movin'

## MOVING SONG

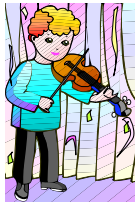
Sung to: "Jingle Bells"  
By: Diana Nazaruk

Clap your hands, stomp your feet,  
wiggle all around.  
Reach your hands high in the air,  
and now let's touch the ground.  
Hold your head, hold your hips,  
give yourself a hug.  
Lay down flat upon the ground,  
but watch out for the bugs.

## THE BIG BASS DRUM

By: Silberg and Schiller

Oh! We can play on the  
big bass drum,  
And this is the way we do  
it:  
Rub-a-dub, boom, goes the  
big bass drum,  
And this is the way we do it.



Oh! We can play the  
violin,  
And this is the way we  
do it:  
Zum, zum, zin, says the  
violin,  
Rub-a-dub, boom goes  
the big bass drum,

And this is the way we do it.

Oh we can play the little  
flute,

And this is the way we do it:  
Tottle, toot, toot, say the  
little flute,

Zum, zum, zin, says the violin,  
Rub-a-dub, boom goes the big bass  
drum,

And this is the way we do it.

*Singing songs with children enhances language development and when coupled with movement, assists in the development of listening and coordination.*



# Suggested Books

## MUSIC and MOVEMENT

*Barnyard Dance!*  
by Sandra Boynton  
*The Baby Chicks Sing / Los Pollitos Dicen*  
by Nancy Abraham Hall  
*I Make Music*  
by Eloise Greenfield  
*The Eensy-Weensy Spider*  
by Mary Ann Hoberman  
*Miss Mary Mack*  
by Mary Ann Hoberman, et al

*The Animal Boogie*  
by Debbie Harter  
*Down by the Bay*  
by Raffi  
*Peanut Butter and Jelly: A Play Rhyme*  
by Nadine Bernard Westcott  
*There Once Was a Man Named Michael Finnegan*  
by Mary Ann Hoberman  
*First Songs*  
by Jane Swift  
*Today Is Monday*

by Eric Carle  
*Music! Elmo's World*  
by Random House  
*A, You're Adorable*  
by Martha Alexander  
*Moo, Baa, La La La!*  
by Sandra Boynton  
*Toes, Ears, and Nose!*  
by Marion Dane Bauer  
*Oh Where, Oh Where Has My Little Dog Gone?*  
by Iza Trapani



## Ready to Succeed

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## Schedule Your "Let's Read Together" Workshop Now

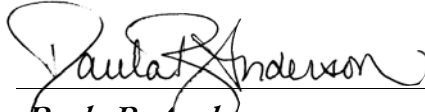


"Thank you for teaching us more about how to read out loud and how important it is to read with our children."  
Auburn State Preschool Parent

Looking for speakers for your next Parent Education Night? Are you interested in teaching your parents about the importance of reading to their children? We have the workshops for you! The "Let's Read Together" workshops teach parents simple, effective techniques to enrich the literacy development and experiences of their children - infants, toddlers, and preschoolers. It uses interactive, fun, and hands-on activities based on popular children's books. "Let's Read Together" reinforces the idea that reading primarily involves creating meaning and enjoyment. Plus, at the end of each session, parents receive a new copy of the featured book to take home! Workshops are no cost! Contact Paula Anderson to get more information about scheduling your workshop for parents today!

**Ready to Succeed**  
aims to assist everyone involved with the development of young children to value and embrace their role in fostering early literacy and school readiness.

  
**Sharon K. Junge**  
County Director

  
**Paula R. Anderson**  
Program Representative

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