GET UP AND DANCE

You may have experienced music's ability to boost your mood and help reduce stress, but it's also a fun way to connect with your child! Take a look below for some fun activities for you and your child to enjoy the benefits of music at any age.

Homemade Musical Instruments
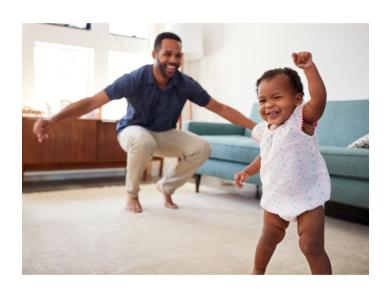
Materials:
Empty water bottle(s), tape, coloured or non-coloured noise making objects (e.g., buttons, paper clips, dried beans, rice, beads, tooth picks, buttons, etc. Remember that when using very small items and it is recommended to keep them out of reach of your child. *If you are able to go on a walk, you may use natural items such as sticks or rocks to create sound.*

Directions:
Place the noise making items into the bottle and close the bottle cap tightly. Tape around the cap to keep it sealed.

WHAT WILL MY CHILD LEARN?

It's never too soon to put on a song and show your baby the joy of music and dance.

Singing nursery rhymes helps children learn about spoken language in a fun and interactive way.

For young children, moving different parts of their bodies with your support or encouragement helps them to be more aware of how their bodies move.
This also supports your child's gross motor development and physical activity.

Grab, Shake or Roll Activity

If your infant is able to, have them hold their shaker while singing or listening to music. Depending on the age of your child, encourage them to roll over or crawl to a different area by rolling the home made noise maker bottle across the floor. While at eye level with your infant, roll the bottle shaker across the floor and encourage your child to crawl or walk towards the bottle.

If your child is able to hold the noise maker bottle, encourage them to shake the bottle while listening to some music or sing this song together with your child:
Shake it high (hold the bottle overhead),
Shake it low (hold the bottle by the feet),
Shake it, shake it, shake it, Watch us go (shake it as you turn around). Repeat the song replacing high/low with fast/slow and front/back.