



5 CAN DO Musical Activities

to Supercharge your Baby's
Development AND Make Your Day
Lighter and Brighter

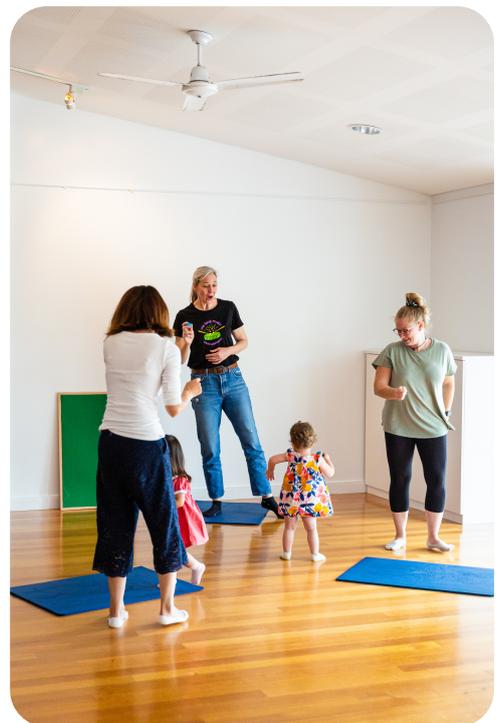
1 ROW ROW ROW

So many ways to apply this favourite rhyme. Sit with your baby facing each (have your legs wide like a frame around your baby). Hold hands and move forward and back as you sing the rhyme. Move your body to match the **steady beat** in the rhyme. (This is the heartbeat of the rhyme). If your baby is not yet sitting, lay them on their back and kneel over them moving their arms and down with the rhyme.

It is important to have your body and voice in synch. Play with the tempo slowing down and then to match the half beat move arms side to side. Finish with a fun accent, raising arms in the air and a loud 'yay'. Smile and cuddle.

2 FREE MOVEMENT/DANCING:

This is an all rounder when it comes to shifting the mood for baby and you. Choose a variety of music but start with a beautiful ballad or uplifting orchestral piece and stand holding baby with their back to your chest so you are both facing out and open to the space. (This also helps to build your baby's confidence because they are not shielded into your chest). Play the song. Listen to the tempo (fast or slow), mood and dynamics (loud and soft) and allow yourself to match movements to suit. Enjoy the physical interactions between you, your baby, and the music.



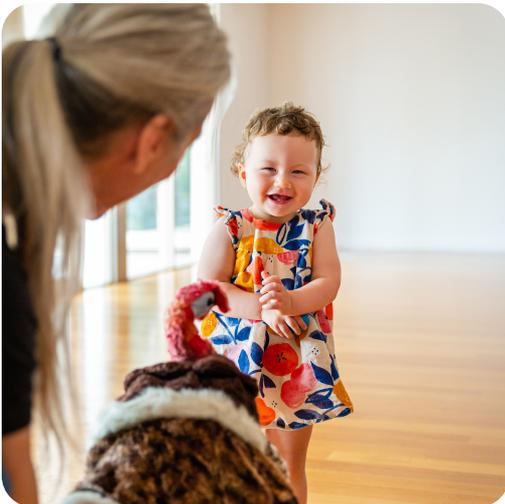
Swish, sway, turn, and bounce changing your movements at phrase endings and accents, chorus, interludes etc as you go. Respond to your baby's reactions, for example if (when) they kick their legs in joy acknowledge how wonderful you both feel, cuddle and smile. AND to make this even better for baby SING as you go. Just one song can be enough to jolt the mood from unsettled and frustrated to calm and refreshed.

3 BEAT PRACTICE:

Clapping hands and tapping toes together is superfood for your baby. When? All the time. One the change table after nappy/diaper change, in the highchair, in the stroller or car seat when a fun distraction is required. Choose a rhyme or song you know, SING, and clap your hands. Always match the steady beat with the 'heartbeat' of the rhyme or sung verse. Help your baby to clap. Use your imagination and repeat several times throughout your week. Did you know, following a steady beat is significant factor in preparing your baby to learn to read?



4 CALL AND RESPONSE:



Grow your baby's language skills with exciting call and response activities. With baby laying or sitting facing you, hid your face under a scarf or tea towel. Choose a simple rhyme like 'Jack in the Box, So quiet and still. Will you come out? Of course, I will!!!'. Make it a simple 'sing-speak' verse with whatever melody you are comfortable with. Pop out from under the scarf as you sing 'Of Course, I will!' Focus on your baby's eye contact and smile, giggle and respond with happiness together. Acknowledge any sounds they make and continue to encourage vocal responses with any songs you sing together.

4

LULLABIES:

If you take one thing away from this list make it to adopt the use of lullabies in your baby's sleep time routine. Research confirms how impactful settling with lullabies can be. Key is to use them repeatedly in EVERY sleep time routine. While the slow tempo and soothing melody calms and relaxes, adopting them as a regular part of nap and night-time routines signals to your baby it is time to be calm and helps them learn to self-settle. Play the soft lullaby as you kiss your baby goodnight and lay them in the cot, dim the lights and allow the music to sooth and distract them into a restful state. This really can be magical.

ABOUT US



Louise Carlile (aka Miss Lou) is the founder and director of Wee Make Music.

She has a Postgraduate Diploma of Education, over 30 years teaching early childhood and secondary and is a mum of four, including twins. She is so passionate about the role of music in developing young children not only into lovers of music but effective learners for life. Lou has been teaching and developing the Wee Make Music program for almost 20 years. Over 8000 children have participated in the age specific, expertly designed curriculum with outcomes across all facets of their development.



“I started each of my three children with Wee Make Music at six months of age. Seven years later I am still attending weekly classes. Wee Make Music teaches children to focus and follow instructions all within a fun, music filled environment. 2. Each age level is carefully planned to be age appropriate and every one of the teachers is welcoming and loved by the children. Wee Make Music has provided the perfect entry to music for our family and I highly recommend them to anyone.”

- ANGELA STEGGALL