



Benefits of Music

Resources:



[Power of Early Literacy & Joint Attention](#)



[Power of Dance](#)



[Music Education for Children Who are d/hh](#)



[Creating a Music Rich Environment at Home](#)

- Children who are deaf/hard of hearing (d/hh) benefit from music because music allows both sides of the brain to work together, which improves cognition, social-emotional learning, balance, coordination, listening, language, and literacy skills. Music can also be soothing and comforting.
- The different tones and instruments in music can be tied to emotions and/or feelings. Music may help a child better identify their feelings.
- Music helps children learn how to be active listeners while hearing different voice levels. It builds on their listening skills by having them repeat the sounds they hear.
- Singing and chanting during song play helps develop clearer speech.
- The repetition in song play helps children learn song structure and sequence, which develops skills used in language and literacy.
- Babies and young children should be allowed to experience music through visuals and touch.
 - For example, a child can rest on their parent's chest and feel the rhythm through vibrations.
 - Rhythmic swaying or rocking to the music provides a tactile connection.
- Instrumental lessons give children the chance to experience music through sound and/or touch. Digital tuners and metronomes can be used to make music more accessible.
- Music can provide a break from doctor's appointments or therapies while giving the family a special bonding experience.
- Suggested tips to maximize your experience include:
 - Reduce noise and distractions
 - Use a slow tempo
 - Stay close so your baby can see your face
 - Set a daily music routine
 - Repeat, repeat, repeat!
- Start with musical classics such as "You Are My Sunshine" and "Twinkle, Twinkle Little Star."
- Songs such as "Head, Shoulders, Knees and Toes" or "Wheels on the Bus" teach receptive and expressive vocabulary.