

**Baby Beats**  
Big music for little people

HOW TO HELP YOUR  
CHILD'S DEVELOPMENT  
THROUGH MUSIC



5 EASY TIPS  
FOR PARENTS  
TO TRY AT  
HOME



Music is such a natural way to encourage your child's learning, after all the first sound they heard was the steady rhythm of your heartbeat. Whether you are musical or not you can still provide stimulating musical activities for you child.

## *Here are our 5 top tips to help your child's learning and development with music*

**Dance with your baby.** Dancing has a calming effect on babies, simulating the rhythmic, rocking sensation they experienced inside your womb. Dancing with your baby also stimulates the vestibular system which controls balance, co-ordination and posture and will provide them with physical confidence and security in the world. Of course you need music to dance to, and babies will love hearing the steady beat of the music just like your heartbeat. The vestibular system also responds to sound, and without knowing it a lot of movements we make are in a steady rhythm, for example walking. Over time this will help develop a good sense of rhythm and time. There are added benefits of dancing for you too such as closeness and bonding, exercise, and fun!

**Sing face to face** with your baby so they can see your lips moving. We recommend that you sit with your baby facing you when you sing or make music so they can see you – this will also reassure them that you are there and result in less tears! They will recognise your face, watch your expressions and make eye contact helping them learn communication skills. Over time they learn actions and imitate you, and you can spot this more easily if they face you and give them encouragement. Watch for them joining in by rocking, swaying, copying actions and clapping long before they can sing along.

**Encouraging early listening** to a variety of sounds helps them learn sounds, identify voices, distinguish words and use of tone to understand meaning. Every sound a baby hears helps them understand the world around them. So before they can talk they can fully understand what you are saying and differentiate talking from song. By experimenting and exploring making sound themselves, babies and children build up their knowledge of what the world sounds like until they can recognise sounds when the source is not present. Building on this foundation with songs about familiar topics such as daily routines, transport, animals, days out etc. will further help them explore their environment.



**Nursery rhymes** are a great way for your child to learn! Rhymes help children to learn new words and the rhythm and repetition make them easy to remember. Many rhymes have actions so invite learning opportunities through movement which is very stimulating for the brain. The other bonus is that you probably know them all off by heart too, as will everyone else your baby meets. The fact that they are so widely sung at baby groups and nurseries will have a great social impact on your child, making them feel included and helping them to connect with other children.



**Make time for music!** Babies who actively participate in a musical activity smile more, are easier to soothe, and show less distress than children who just passively listen to music. Children also show better early communication skills and more sophisticated brain responses to music – including noticing out of key notes in a piece of music! Baby Beats run 2 online music classes per week via Zoom and this is a great way to help your child explore music and song while we can't attend physical classes. You can book through our website below. If your child doesn't engage with the screen too well, make sure you participate and encourage them too, or learn some of the songs on our [YouTube Channel](#) and try them out when you want.



## About Baby Beats

I'm Laura, a songwriter, musician and Mum of 2 boys. I started Baby Beats in 2016 when I struggled to find a music class I could take both a baby and a 3 year old to where they could experience real music. So I started up my own fun, educational music classes for babies to pre-schoolers.

I believe children are never too young to appreciate live instruments and different musical styles, and we know grown ups love this too! Baby Beats provides an interactive musical experience for you and your child with live instruments, singing and original songs. It's big music for little people!

### Here's what our families say:

*"From day one, Laura has made the classes so interactive, welcoming and packed with musical fun. My boys have a real love for music, singing, dancing and playing instruments and I owe a lot of that to Baby Beats."* Rachel

*"We have been going to Baby Beats sessions for 2 and a half years. Since moving them online, Issy has enjoyed having a bit of normal in her week! The structure is similar each week so she knows what is coming up and she enjoys singing along, dancing or just listening. She often runs off but comes back to play some more instruments."* Beth

*"If you're stuck for things to do with little ones at the moment I'd definitely recommend Baby Beats. Laura gives lots of tips of fun activities to do with music for both babies and toddlers. My daughter loved the classes as a baby and when Baby Beats was at her nursery so now the online classes are a lovely way to stay connected!"* Laura

### Contact Us

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