

Making Music at Home!

Music and Brain Development

Did You Know?

Participatory music experiences exercise your whole brain! When you actively make music—especially with others—you stimulate many areas of your brain at once, including those that govern important skills like spoken language comprehension, vision, hearing, coordination, emotions, and planning skills.

Try This at Home

Don't just play the recordings! Dance! Clap! Sing out loud! Even if you don't think you're the best singer or dancer, simply moving and singing along in your own way will encourage your child to join in. There's no need for a children's song to be written specifically to support brain development—just the act of making music together will naturally support your child's brain development in deep and holistic ways.



Music Together
In School