

Find Your Voice

Music Therapy

MUSIC THERAPY FOR INFANTS (0-3 YEARS)

Why Music?

Studies show that babies are programmed to move to music and are said to prefer it over simple speech sounds. (Turgeon H, 2010).

Infant's Music Preferences

They are first attracted to simple and repetitive, consonant, higher pitched melodies and faster tempos. (Walworth, 2012)

Why Should I Sing to My Baby?

Singing to your baby, "with its complete package of physical contact, mutual gazing, responsive timing and rhythmical movement," allows you to fully engage and adapt to your baby's needs, in the moment. (Young, 2003).

Experts suggest that when we interact musically with our babies, oxytocin is released—otherwise known as the "bonding hormone".

So do not feel silly when you are singing or making all kinds of unique sounds with your baby. These melodious interactions are only bringing you closer together! (Eridwen, 2012)

An Infant's Musical Development (Schwartz, 2008)

0-3 months

- Infants can already discriminate between frequencies in the first days of life.

3-6 months

- Infants start cooing and creating purposeful vocal sounds

- Music begins to calm infants when they reach the stage of developing their first smile

6-9 months

- Infants show preference for higher pitches
- Infants begin to use simple rhythms

9-12 months

- Infants gain the ability to match pitches about 55% of the time

12-18 months

- Start to make vocal sounds in response to music
- Begin to move in response to music and match movements to the music.

What is Music Therapy?

In music therapy we focus on the infants or toddlers musical being, giving them an opportunity to naturally explore, create, and discover through music.

Music therapists use music intentionally and purposefully in a group or individual setting to help client's promote, maintain, and restore physical, emotional, cognitive, social, and spiritual health.

Music Therapy Activities

- Listening to Music
- Cooing and Vocalizing
- Singing Music
- Playing Instruments
- Songwriting and Composing
- Improvising
- Movement and Dancing