

VIRTUAL kit: MUSIC AND MOVEMENT

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Using music and movement in your child care program can help young children with development, social interaction and language growth. Music should be offered to all ages of children, including infants, many times throughout the day. Music supports the growth of a child's development, such as; thinking, enhancing their language, supporting and developing their motor coordination and understanding their emotions. Music can teach children feelings, including empathy, and also be used to introduce children to different cultures in our world.

Music can also benefit mental health; as music, can soothe stress, teach confidence and boost enthusiasm. Providing movement with music can also help children not only help children feel good, but can also increase their overall physical health when children are actively moving with the music.

When teaching children with music, it can help children learn skills such as soft and loud, which can support a child in certain environments on how to respond. Music can also teach opposite, rhymes and counting. Children learn how to transition from activities with songs throughout the day. Playing music at naptime can be very soothing and can help children develop healthy sleep patterns.

SHOW ME NOW! (I NEED THIS TOMORROW)

[**The Benefits of Music and Movement**](#)

[**Beyond Twinkle, Twinkle: Using Music with Infants and Toddlers**](#)

[**Music and Mood**](#)

[**Playing with Music at Home**](#)

[**Infant & Toddler Music Guide: Top Articles on Music Activities for the Classroom or Home**](#)

[**Music and Songs**](#)

[**The joy of music!**](#)

WHAT DOES THIS LOOK LIKE IN PRACTICE? (I HAVE A LITTLE MORE TIME TO READ ABOUT THIS?)

[Children and Music: Benefits of Music in Child Development](#)

[Preschool Music Academic Standards](#)

[The Importance of Early Childhood Activity](#)

[Optimizing Early Brain and Motor Development Through Movement](#)

[Impact of Music, Music Lyrics, and Music Videos on Children and Youth](#)

[Music and Movement - Instrumental in Language Development](#)

[Music exposure benefits babies' brains](#)

[Learn the Signs. Act Early.](#)

WHAT DOES THE ECRC HAVE ON THIS TOPIC?

Benzwie, Teresa; (1987) [A moving experience: dance for lovers of children and the child within.](#) Tucson, AZ: Zephyr Press

Stewart, Georgiana; (1993) [Children of the World, Multicultural Rhythmic Activities.](#) Kimbo Educational

Karnes, Merle; (1992) [Fit for me: activities building motor skills in young children.](#) Circle Pines, Minn: American Guidance Service

WHAT COURSES DOES KCCTO OFFER ONLINE?

[Listen to the Rhythm: Books, Music, and Movement](#)

[Movement Through Music](#)

(To inquire about a specific class, contact the KCCTO office 785-532-7197 or visit KCCTO.org)

WHAT COMMUNITY BASED COURSES DOES KCCTO-KITS ITSN OFFER?

(To inquire about a specific class, contact the KITS office 620-421-6550 x 1618 or email kskits@ku.edu)

HOW CAN I GET TRAINING ON THIS TOPIC?

Visit these links to collaborative training calendar:

[KCCTO Training Calendar](#)

[Virtual Lab School](#)

WHAT IF I STILL NEED HELP?

Kansas Early Care and Education providers you may request technical assistance from the KCCTO-KITS Infant Toddler Network Specialists by calling the KCCTO office at 800-227-3578.

EVALUATION

Please take a minute to complete a brief survey to let us know what you think about this virtual kit, and what other topics you would like to see addressed in the future.

<https://www.surveymonkey.com/r/XSCCKGF>

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Music Activities Teach Important Skills to Children in Child Care. (2015). Retrieved from <https://articles.extension.org/pages/25592/music-activities-teach-important-skills-to-children-in-child-care>

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The joy of music. Retrieved from
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