

Play is the key way children learn about themselves, others and the world they live in. It is essential to their learning, development, health, and physical, mental and social well-being – and it's FUN! Play provides the building blocks to be ready for school.



## Making Music

Babies enjoy listening to and delight in making music from a very young age.

### Did you know?

Babies are fascinated by sound and respond to music very early on. Infants respond to the melody, rhythm and tempo of music.

### Add language

Babies often babble musically and sound like they are singing long before they are using real words. When they are physically able they will bang, or tap a beat.

Babies learn to communicate through face to face interactions. Music making is a great way to start and keep an interaction going. Watch your baby. When they make a musical like noise or bang a beat, copy them. Then pause and wait for them to take a turn. Keep taking turns but stop just before they get tired of the game.

### Other development

Movement is a natural part of music and babies love movement. Dancing with them to music or patting them to the beat of a song helps babies link what they are hearing with physical sensations. This helps develop body awareness.

Grasping things to shake or bang to make music encourages your baby's fine motor skills and coordination.



Music can be used to help regulate your baby's emotion and attention levels. Soothing music can calm your unsettled baby. This can help them develop their strategies to calm themselves when they are older.

### Variations

As babies develop, they love making their own music by shaking things that rattle and banging things. Everyday household items can be musical instruments for babies e.g. a spoon and an upturned pot make an excellent drum kit and coloured rice or beads in a securely sealed empty drink bottle make fantastic maracas.

📖 Playgroup WA has a treasure trove of play activities for babies, toddlers and 3-5 year olds, for home and playgroup. These play activities cover a balanced diet of play across sensory, movement, language and thinking skill areas.

You can find them at [www.playgroupwa.com.au/playideas](http://www.playgroupwa.com.au/playideas) or visit [www.facebook.com/playgroupwa](https://www.facebook.com/playgroupwa)