

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

Toddlers delight in responding to and making music!

Did you know?

Making and responding to music lets your toddler explore creative ways to express feelings. They have the most fun creating their own music. This can be with their body e.g. clapping, stomping, humming and singing. It can be with “musical instruments” they make from objects around the house e.g. banging on pots and pans as drums, blowing down a tube for a trumpet, striking metal tubes with sticks.

Add language

Music is a form of communication. Your toddler can express mood, emotion and ideas through making music. Comment on their music to provide words that match e.g. “Wow that’s fast. It sounds happy”, “That sounds gentle”, and “That’s loud – like a big bear is coming.”

Other development

Even very young children pick up the patterns of music through exploring. They do this without needing any training. Providing times for your toddler to have free play time with music allows them to experiment. They play with patterns, repetition, and order; and explore timing, tempo and rhythm. This helps with developing science and maths concepts. Making music and moving with it helps develop body and spatial awareness, and fine and gross motor skills.



Variations

Exploring the sound making qualities of various things in your everyday environment encourages curiosity and experimentation. These are essential qualities for learning.

You can use music to help alter mood and energy levels e.g. by making music that matches your toddler’s high energy level (i.e. loud and fast music) and then slowing and quieting the music can help calm things down.

Safety

Choose instruments that are sturdy, unbreakable and able to handle rough toddler play. Some toy musical instruments are made with brittle plastic that easily breaks and pieces may become choking hazards.

- 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 or visit www.facebook.com/playgroupwa