

singing activities to boost a baby's brain



sing any time

Sing your favorite songs to a child any chance you get. Hearing your voice eases stress and calms a baby's heartbeat—even if you are off tune.

repeat the same song

The beat of hearing the same song helps a child's social skills and how they handle their feelings. And, it helps them feel safe.

get silly with the words

Have fun changing the words of songs, "the itsy bitsy elephant climbed up the water spout." It will make you both smile.

create your own lullaby

Use the baby's name or things they did during the day in a lullaby. Singing creates a bond which is key to healthy emotional development.

sing and count

Learn a counting song. Use your fingers to show the numbers. Young children who enjoy music show increases in pre-math and pre-reading skills.

sing songs when getting ready

"Zip, zip your zipper up to your chin. Don't you let the cold air in." This makes tasks more fun. It also helps a child move from one thing to another.

take turns acting out music

Jump like a kangaroo or float like clouds. Children like to move to the rhythm of music. Babies become more aware of their body. Toddlers learn movement skills.

singing benefits:

- Eases stress
- Calms babies
- Creates a bond
- Helps emotional development
- Develops pre-math and pre-reading skills

