



# INFANT AND TODDLER NEWSLETTER

Lower Shore Child Care Resource Center

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## Music and Early Development

Music builds connections with sensations and feelings. Music offers joyful and rewarding learning experiences and nurtures children's imagination and creativity. Music and music experiences support the formation of brain connections being established over the first three years of life.

Like all the best learning experiences in early childhood, music activities simultaneously promote development in multiple domains. Being intentional about integrating music into your programs' daily routines helps you design and choose activities to support specific developmental goals.

Music, because it is so often shared with others in singing, dancing, and playing instruments together, is by its very nature a social experience. Children learn and practice self-regulation, understand emotions, learn cooperation and build relationships, experience self-esteem, self-confidence, and self efficacy, share and take turns and develop cultural awareness.

Music is a physical activity. It supports gross and fine motor development, balance, body awareness, bilateral coordination or crossing the midline.

Music quite naturally provides opportunities to practice cognitive skills like counting, patterns and sequencing, memory, keeping a steady beat, discrimination or observation of differences, and pretend play and symbolic thinking.

Music activates literacy and language learning in many ways like learning the spoken language, great for dual language learners, receptive language, and phonemic awareness.

Music plays a powerful role in the lives of children. Through music, infants and toddlers can come to better understand themselves, their feelings, learn to decipher patterns and solve problems, and discover the world around them in rich complex ways.

Here are a few ideas for you to try with your little ones:

- Help babies move their bodies when listening to music.
- Play slow music while holding babies close and swaying gently.
- Use songs to stretch vocabularies. Songs and rhymes help toddlers learn how to put words and phrases together.
- Encourage toddlers to play and learn together by organizing a music parade, with each child playing an instrument.
- Introduce creative movement experiences when you sing with older toddlers.
- Help toddlers learn to name their feelings by making "feelings" music.
- Look for ways to use music to connect to each baby.

<https://www.zerotothree.org/resources/1514-beyond-twinkle-twinkle-using-music-with-infants-and-toddlers>

## Music & Movement Activities

- 1) Play movement games using a parachute.
- 2) Dance with ribbon rings.
- 3) Move like ocean animals
- 4) Slowly move to classical music
- 5) Chase bubbles to music
- 6) Tissue Dance
- 7) Build an obstacle course
- 8) Freeze Dance/Simon Says
- 9) Give Yoga a go
- 10) Have a dance party!!



Happy New Year!!!

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**Lower Shore Child Care  
Resource Center**  
at Salisbury University

Phone: 410-543-6650  
Fax: 410-543-6655  
Email: [clwillis@salisbury.edu](mailto:clwillis@salisbury.edu)

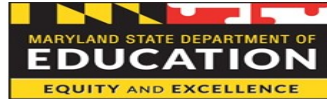
[www.lowershoreccrc.org](http://www.lowershoreccrc.org)



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FAMILY  
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**MARYLAND CHILD CARE  
RESOURCE NETWORK**

## Music and Movement Songs

Do you get tired of dancing and moving to the same old songs? Here are some movement songs for you and your little ones to enjoy. These will help you find a few new tunes to get your kiddos moving and grooving.

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| <ol style="list-style-type: none"> <li>1) The Goldfish by The Laurie Berkner Band</li> <li>2) Wiggy, Wiggy, Wiggles by Hap Palmer</li> <li>3) Shake Your Sillies Out by The Learning Station</li> <li>4) The Silly Pizza Song by Signing Times</li> <li>5) Oh Hey, Oh Hi, Hello by Jim Gill</li> <li>6) Face the Facts by Jim Gill</li> <li>7) Tooty Ta by Dr. Jean</li> <li>8) Go Bananas by The Learning Station</li> <li>9) Clap Your Hands Together</li> </ol> | <ol style="list-style-type: none"> <li>10) Going on a Bear Hunt by Greg and Steve</li> <li>11) Move It, Move It! By Stephanie Leavell</li> <li>12) Silly Dance Contest by Jim Gill</li> <li>13) Alphabet Soup by Tom Chapin</li> <li>14) Penguin Song by Jack Hartmann</li> <li>15) A Root Chy Cha by The Learning Station</li> <li>16) If You're Happy and You Know It by Pancake Manor</li> <li>17) Run Baby Run by Caspar Babypants</li> <li>18) The Dinosaur Stomp by Mother Goose Club Playhouse</li> <li>19) Roly Poly by Mother Goose Club Playhouse</li> <li>20) The Hokey Pokey by Kids Dance</li> <li>21) Down, Down Baby by Laurie Berkner</li> <li>22) The Airplane Song by Laurie</li> </ol> | <ol style="list-style-type: none"> <li>Berkner</li> <li>23) Count to 100 Workout Song by Jack Hartmann</li> <li>24) The Bean Bag by Hap Palmer</li> <li>25) Dancing Robots by The Learning Station</li> </ol> |
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### Specialized Training for Infants and Toddlers & Networking Group Sessions

*January 21st—Healthy Meals for Infants and Toddlers from 6:30pm—8:30pm (2 hrs. health, safety, and nutrition)*

*January 20th—Infant and Toddler Network Session #5 from 6:30pm—7:30pm (topic—outdoor play and planning)*

*February 23rd—But it's Mine! Redirecting Toddlers (Developing Social Emotional Competences) from 6:00pm—9:00pm (1.5 hrs. child development & 1.5 hrs. curriculum)*

*February 17th—Infant and Toddler Network Session #6 from 6:30pm—7:30pm (topic—TBA)*

*March 23rd—Baby Picasso: Process Art Experiences for Infants and Toddlers from 6:00pm—9:00pm (3 hrs. curriculum)*