

Brain Food: As early as zero to three months, a familiar song can help babies feel safe. Songs are as important as a favorite blanket, toy, or stuffed animal.



Singing together

Songs are a great way for your child to learn language and build vocabulary. Singing also helps your child bond with you. Making sounds helps babies and toddlers learn how sounds are put together. These are the building blocks of language and literacy. They also help create a lifelong love of music! Here are some ways you can sing and make music together.

ROCK WHAT YOU'VE GOT

🎵 **Anything can become an instrument.** An empty oatmeal or plastic container makes a great drum. A paper-towel roll can become a horn. Playing with instruments helps children learn more about rhythm and sounds.

🎵 **My kind of music!** Does your child like a certain type of “your” music, such as rock or hip-hop? Turn it up and dance together!

🎵 **Mellow out with music.** The next time your child is cranky, sing him a lullaby or favorite song. He’ll be comforted by the sound of your voice and be exposed to some new words, too.

🎵 **Traffic jam!** Even a frustrating experience such as being stuck in traffic is a chance to build language skills. Encourage your child to repeat “Beep, beep!” after you (try it loud and soft, fast and slow).

🎵 **Move it!** Encourage your child to clap, jump, jiggle, and stomp to music. Your baby can wiggle her arms, legs, hands, and feet (or you can help).

🎵 **Singin’ my favorite song.** Use a well-loved song to help you move from one routine to another. Even diaper-changing is a chance to communicate and develop language. Make eye contact and sing to your baby.