

# Growing Young Brains with MUSIC and DANCE

Dancing, singing and listening to music are joyful activities for young children. Not only is music and dance **fun**, these experiences help build important connections in their brains – like memory, self-control, communication, movement, and more.

Try **moving** and **grooving** with these **Vroom Tips™** below. Your child will love to **sing and dance with you**. Their brains will be **growing, too!**



## DANCE COPY CAT

### TIP

Put on a song both of you like and watch your child move. As they dance, copy what they're doing. When they stop, you dance around and let them watch you. See if you can create a back and forth dance, taking turns copying each other.

### Brainy Background™

As your child copies your dance, they're paying attention to your movements, using their working memory, and controlling their actions—all important for learning focus and self-control.

## DANCE DUET

### TIP

Let your child pick a fun, fast song to dance to. Take turns making up dance moves. They can start, then you copy them. Keep going back and forth by repeating the moves and adding new moves. Before you know it you will have a whole dance routine!

### Brainy Background™

When you and your child build on each other's moves, they're using their memory and focus to follow and remember the moves as well as their flexible thinking skills by making up their own moves. These skills are important for creativity and learning.

## DANCE SPEEDS

### TIP

Dance with your child and ask, "Should we dance slow?" Pick them up and gently move as you hum a slow tune. "Should we dance fast?" Change your tune and dance faster. Watch how they use their arms or move to tell you which they like and respond to what they're telling you.

### Brainy Background™

"Dance Speeds" gives you a chance to do something fun together in a loving way. It also allows you to respond to their movements to begin to help them connect words to their feelings and thoughts. It's the way your child will learn to talk and communicate later.





## BEAT AND REPEAT



Play “Beat and Repeat” anywhere. Create a beat with two claps. Can your child copy it? Repeat until they get it. Have them create their own beat with two claps. Anytime someone misses, try again. Then make it three beats. How many beats can you get to? Four? Five? Six?

### Brainy Background™

Your child develops self-control as they copy your patterns or create their own. If they make a mistake, all the better. They learn that mistakes are a necessary part of learning—a good lesson no matter how old you are!

## SOOTHING RHYMES



When your child seems fussy, try singing a rhyme or a song. Do they calm down when your voice is quiet, or do they respond to big facial expressions and an enthusiastic voice? Try different rhymes and songs to find their favorites.

### Brainy Background™

When you respond to your child’s movements and sounds, you build a trusting relationship that will support their learning in the future. You also teach them ways to deal with stress while encouraging a love for language.



## SINGING DAY



Make today a Singing Day. Instead of talking, try singing to your child about what you’re doing. Make up new words to a familiar tune or create your own tune! It might feel silly at first, but they love to hear the sound of your voice singing! Respond to any sounds they make.

### Brainy Background™

When we sing, we slow down our speech and stretch out sounds, pronouncing them more clearly. Singing not only engages your child’s attention, it helps them hear the sounds of words more clearly. This is the beginning of learning to speak and how to communicate with you!



Visit [WeAreBrainBuilders.org](http://WeAreBrainBuilders.org) for more information on brain building tips to make the most of everyday moments with your child.

