



At Music Together, we believe that music is valuable for its own sake, and we know that music-making naturally supports young children's development. Singing and dancing together deepens family bonds and enhances learning—plus, it's fun for everyone!



Making Music at Home!



TAMBOURINE Song Collection

Secrets

Did you know?

As a parent or caregiver of a young child, you know that children have tons of energy! Music can be a fun and effective way to help your child calm down and focus when she needs to. Classroom teachers use music as a tool to calm and focus children in class all the time.

“Secrets” is a particularly great rhythm chant to bring your child’s energy level down, since it is said in a playful whisper.

Try these activities with your child:

Sit close and whisper the chant to your child, asking him to whisper the words back to you, like an echo. If you have an infant, rock him back and forth to the beat as you whisper rhythmically.

Try making up your own phrases and whisper them rhythmically and playfully in a hushed voice. You can use words that you know will calm and focus your child. For example:

“Shh, shh, shhh! Quiet, quiet, quiet, quiet.”

“Shh, shh, shhh! Nap time, nap time, nap time, nap time.”

“Shh, shh, shhh! Now we’re reading, now we’re reading.”

This chant may also have a calming effect on you, as well!

For more ideas, visit www.musictogether.com/familymusiczone, a special section of the Music Together website just for families.
