

The Northern Gold Coast Communities for Children invites you to join us in striving to give your child the tools to build a successful life, and one of the best choices you can make for your children is giving them the gift of music.

In addition to improving creativity, our Move to Music program will cultivate many skills that will continue to be useful to your children throughout their lives.

The following are some of the skills that listening to music, playing simple musical instruments and dressing up to music can develop in your children:

- Concentration
- Coordination
- Relaxation
- Patience
- Problem-Solving
- Self-Expression
- Self-Confidence
- Imagination

Our Move to Music program incorporates:

- Sing to Music
- Play to Music
- Dance to Music

## Northern Gold Coast Communities for Children

For further information on any of our Move to Music Programs or for information on activity time and dates, please call:

Susan on 5580 4993 or email  
[susanmartinez@lifelinegoldcoast.org](mailto:susanmartinez@lifelinegoldcoast.org)



Communities for Children is an initiative of the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs

## *Northern Gold Coast Communities for Children*

### *Move to Music Program 2011*

### *Sing to Music Play to Music Dance to Music*



# Move to MUSIC

Fun and interactive musical activities designed for children aged 0-5 years and their parents/caregivers

*Singing and making music is a great form of relaxation for adult and child as it releases endorphins in the brain leaving one with a sense of happiness and wellbeing whilst dancing is a fun way to enhance fitness for adult and child.*

## Sing to MUSIC



Listening to and joining in with songs plays an important role in a child's early education learning process. Songs can help with a child's understanding of language, words, speaking and even writing.

Come along with your child and join us for our *Sing to Music* sessions which involve music, singing songs and rhymes whilst using props and interactive movements that are age appropriate. Your child will love to join in with and thrive on lively songs where plenty of actions can be done too. Suitable for ages 0-5 years.

Each *Sing to Music* session runs for 30 minutes and children will benefit from improving their ability to express themselves, ease any stress in their life and gives them a boost of confidence in their own ability.

Singing with your child establishes a special bond and attachment so please remember our sessions are interactive and parents are encouraged to join in and sing with their child.

*The wonderful thing about signing with your child is that the child doesn't care whether your voice is good or you can carry a tune.*

*Children respond well to many pieces of music and research shows exposure to a variety of musical experiences help children's brains develop an increased level of language pathways.*

*So enjoy music, sing, play, dance and move with your children in a wide variety of ways throughout the day.*

## Play to MUSIC

Make beautiful music together with your child! When toddlers and young children have an opportunity to play simple musical instruments it helps to promote self confidence and build on other skills such as social interaction.



Come along with your child and join us for our *Play to Music* sessions which are simple enough for very young toddlers to enjoy with instruments they can shake—bells, rattles, shakers, tambourines and rain sticks. Suitable for ages 0-5 years.

Each *Play to Music* session runs for 30 minutes and children, along with their parents, can express their creativity by playing simple musical instruments. Children this age are learning about keeping a steady beat and making coordinated movements—skills that are critical to math and reading later on. These sessions are interactive and parents are encouraged to join in and play with their child.

*How they do it doesn't matter. What's important is that the constant playing of musical instruments can improve coordination and spark an interest in music for kids early on.*

## Dance to MUSIC

Foster the gift of imagination in your child! Imagination: the ability to remember, dream, create, improvise and in the process entertain oneself anywhere and anytime. Today, plain old imagination is fighting a losing battle with iPods, video games, organised sports and TV shows.



We forget that imagination is a gift to be encouraged. It is valuable in its own right, allowing a child the space to be his authentic self. Parents who worry about their child's success can rest assured that imagination also has extrinsic rewards: enhancing a child's ability to deal with feelings and problems.

Come along with your child and join us for our *Dance to Music* sessions which incorporate dress up play. With dress up play, your child can be anyone he/she likes, from a superhero to the king of the castle, from a fairy to a princess. Suitable for ages 2-5 years. Each *Dance to Music* session runs for 30 minutes and children, along with their parents, can experience an incredibly fun activity. These sessions are interactive and parents are encouraged to join in and play with their child.

*Children who actively use their imagination reap a host of benefits, such as improved problem solving, playing cooperatively and a better opportunity of success in school.*