Music and Movement

Parents may wonder why we would encourage music and movement in children when it is all they can do to get their kids to stand still and be quiet! But can you really imagine childhood without the energy of wiggles and the joy of sound?

Children actually thrive in an environment balanced with quiet and sound coupled with the freedom to jump, skip, run, stomp, and leap. In general, children are born wiggling and creating noise! They learn about their environment through sound and movement. Both music and movement, whether it is dance or sports, have definite benefits in the healthy development of a child.

Just a few would include:

- Music and movement create a healthy body.
- Music and movement encourage music use and blood flow.
- Children learn well to music and start learning language through music and rhythms.
- During grief or loss, children may use singing and dancing as a tool to share their emotional response.
- Movement helps children to be able to sit still longer for lessons.
- Children may learn about the world through experiencing other cultures’ social music and dance.

With such positives, how does the parent include music and movement in their children’s daily lives? First, while your children are babies, let music be a natural part of your home. Include many types of music. Also, use household items to create noise and music with your children. As you do this, movement will follow! Experiment with a preschool focused art and music class designed for parents and children to experience together. Let the children hum or softly sing while completing other tasks or schoolwork. While not final, use CDs and books at home and be a participant with your child.

As children grow, many families encourage formal music instruction and sports or martial arts. Experiment with many types and let your child choose the area to express themselves. Try not to place pressure on young children so they feel safe and comfortable investigating their potential music or movement based gifts.

Moreover, experienced home educators will share that homeschooling gives their families the opportunity to spend less time sitting and more time engaging in activities such as hiking, biking, and general backyard play. Children may also take music, ballet, and gymnastics in the day during special homeschool classes.

No matter what educational choice your family makes, it is evident music and movement may definitely share a beneficial place within your home. Please explore the following resources to further your study.

Finally, start singing and get moving!

PPLD Resources

- PPLD KidsWeb tools such as Tumble Books and Library Events
- Good Health Guides - Exercise is Fun 781.7 J788e
- Sing and Play Children’s Music CD / ZM SING SP B02
- Wii Sing Various Children’s Videos and Music CDs
- Just Dance Wii Games

Web Resources

- barnesandnoble.com/ujackie-silberg-importance-of-music/379002449/niu.edu/ccc/resources/importanceofmusicandmovement.pdf
- musikgarten.org/music_movement.cfm
- bloglymom.com/articles/parenting-center-parenting-13725941731953d/skidl/p/0/un/unknown--10-ways-to-encourage-musical-development.html

To contact PPLD’s Homeschool Committee, please email gsohns@ppld.org.
**New** The BookShelf – great new books for homeschoolers

New books are treasures, waiting to be discovered. Your Pikes Peak Library District has hundreds of these treasures, waiting for YOU!

### Pug and Other Animal Poems by Valerie Worth (2013)

Browse the children’s area under 811.54 to see how many poetry books there are available. Browse the children’s area under 811.54 to see how many poetry books there are available. Browse the children’s area under 811.54 to see how many poetry books there are available. Browse the children’s area under 811.54 to see how many poetry books there are available. Browse the children’s area under 811.54 to see how many poetry books there are available. Browse the children’s area under 811.54 to see how many poetry books there are available.

### Little-Known Secrets

**Music in the Library**

Love free things? What about listening to music? If you would describe yourself as a music maniac, then your library has the databases for you. Pikes Peak Library District has a couple of online services that allow you (our patron) to get music for free anywhere you can connect to the Internet. The first is a relatively new service from PPLD called Hoopla. Here you can stream music and videos from the Internet. Log on at any time day or night and instantly stream any of the thousands of available CDs. Each PPLD library card will allow you to borrow up to 8 titles per month, which will automatically be returned to the library after one week. No late fees! Aside from music, Hoopla also offers many types of videos (including documentaries, exercise, and family titles) that check out for three days.

### Other Events

**Spring Break Fun!**

March 24 - 28 will be full of music, puppets, animals, magic and more! Check with your local library for more information.

**Teach Tech Week – DIY @ Your Library**

March 9 - 15, 2014

Come and check out the Teen from the 7th Annual Teen Art contest that will be displayed at the East and Penrose Libraries during the month of April. This year the theme will be based on the Theme Art (Art Squared), which means that as long as the piece is square, the content is up to the artist.

**Homeschool Programs**

Use the resources at the library to stay informed, access materials, and participate in programming.

**Fathers and Homeschooling 101**

Even though moms do most of the educating, fathers definitely have a big impact on the success of your homeschool.

**Step 1: Educate Yourself**

**Honey, I Think We Should Homeschool**

Fathers and Homeschooling101

**Step 2: Plan**

Many decisions need to be made including curriculum, budgets, course of study, involvement in homeschool groups, etc. Although your wife is capable of making these decisions on her own, she’ll appreciate your participation and insights, and it’s important you understand and support the direction your homeschool is going. So, be involved and make sure you both agree on all important homeschool decisions.

**Step 3: Support**

Fathers, this is the most important step. When in doubt, support! Support your wife physically by helping to get the children up in the mornings and bathing and putting them to bed at night. Support her emotionally by helping her stay relaxed and feeling good. Support your wife emotionally by listening to her concerns with the children and your HS (often without offering advice unless asked!) A well-timed night out with flowers for her birthday or anniversary will show your wife you care about her well-being. Support your wife financially by making sure the budget is up-to-date and balanced. Support your wife mentally by taking an interest in the children’s courses, which is the best way to ensure they get the help they need.

Would you like to be a Featured Family?

Contact Tina at tlewis@ppld.org.

**Teens and Socialization**

Even though moms do most of the educating, fathers definitely have a big impact on the success of your homeschool.

**Honey, I Think We Should Homeschool**

Fathers and Homeschooling101

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**Homeschool Connections** • Spring/2014

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