

Music playtime for pre-schoolers



Trinity Tots MUSIC BOX

Trinity Tots Music Box recognises the importance of providing quality early childhood development activities.

We recognise the benefit of music, songs and free play in early childhood programs.

Why begin a music and song focus at playgroup age?

Music and songs help children develop their literacy and numeracy skills

Singing helps children by:

- helping with the development of their speech through playing with sounds, rhythm and repetition in songs
- practicing and developing their vocabulary skills through learning sounds and words
- enhancing their skills through the rhyme, patterning and sequencing of words (anticipating what's coming next)
- helping their numeracy and pre-literacy skills through counting, rhythm, sequencing and repetition.

Singing and songs help children develop their listening skills and concentration

Studies have found that babies are more engaged when being sung to than when listening to recorded music and that singing to babies reduces crying and dramatically improves parent-infant bonding. At Trinity Tots parents and carers are encouraged to participate with children and we all sing together. Trinity Tots encourages parents to continue singing with their child throughout the week.

Dr Anita Collins, an internationally-recognised researcher and writer on brain development and music learning, calls music the brain's first 'how to' manual. As children grow, the tunes and rhythms they learn become scaffolds for new knowledge. Repetition is the key to learning and music is an excellent way for pre-school kids to learn about language, maths and the world around them.

Singing is enjoyable for children

Singing releases endorphins.

Movement with song

Movement, action and dance with song help children develop their gross-motor and co-ordination skills.

Even the youngest babies will move to music. Movement to music has been shown to improve children's moods, cognitive functions and social interactions.

Free play and social skills

Free play

The free play-time is an important part of the Music Box program as it allows children to engage in play using different materials in a different setting. As it is unstructured they can play with other children creating their own narratives with the equipment or just enjoy the different toys and materials on offer.

Developing social skills

At Trinity Tots children learn to interact with other children, which is important to their social development.

Younger children (less than three years usually) engage in parallel play – playing alongside other children rather than interacting and playing together. Children need to be around other children to learn how to confidently pursue their own play alongside other children.

Around three and four years children engage in co-operative play with other children developing skills in sharing and co-operating with others, taking turns, leading, following and negotiating.

At playgroup children learn to talk with other children.

Intergenerational aspect of Trinity Tots

Trinity Tots volunteers who assist in the organisation of the playgroup are from a wide age group.

At playgroup children also learn to interact with other adults. Many children don't have access to grandparents and other generations and this intergenerational aspect of Trinity Tots is mutually enjoyable.

School readiness

Learning to play in different environments and with different materials is important for children in developing their readiness for school. Playgroups help them develop their social skills and capacity to play co-operatively with other children.

Importantly, at playgroup children learn expectations of behaviour in a different context. This adaptation in children is important in helping them quickly adjust to school.



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