

Parent Perspectives

Issues and Insights
Regarding
Your Toddler

Kindermusik
Our time™

Fast Slow Straight

Pathways Curved Pathways

Big Movements Little

Movements

“Movement is key to learning! Our brains fully develop through movement activities such as crawling, rolling, turning, walking, skipping, reaching, swinging and much more! The brain has a plan for development that involves specific and intensive motor activities to make full use of our complicated nervous system.”

—“Movement and Music: The Keys to Learning,” by Anne Green Gilbert, *Kindermusik Notes* Nov./Dec. 1998

Run Jump Leap Fly

Sway Swing Tiptoe

Bounce Crawl Nod Lean

Shake Clap Shrug Wiggle

Melt Slither March Bend

Lunge Waddle Prance

Twist Lift Spin Glide

Swoop Dig Crouch Press

Movement Matters!

From birth to age seven children learn primarily through their senses and movement. *Kindermusik Our Time* provides varied movement experiences, encouraging your child to learn by moving in class and at home.

Body awareness activities help children link movement with language. Touching and naming body parts is an example of sensory learning. This is a great way to stimulate your child’s motor and language development.

■ *At Home* play games such as *I Saw a Little Rabbit* (*Home Activity Book*, p. 12) with your child.

Synchronized, steady beat movement requires coordination with an external steady beat that does not match one’s own, internal steady beat—this could be the steady beat of a recording or of another person’s movements. Your child experiences steady beat when you rock or pat him to a song. Synchronized movement then allows him to actively apply this concept and internalize a sense of steady beat. Steady beat awareness is important to the development of smooth speech flow and lays the foundation for walking with coordination, bouncing a ball, and even using scissors. Musically, it will allow your child to sing, dance, and play instruments in a group.

■ *At Home* clap hands and “pendulum rock” side to side to *Old Joe Clark* (*Home CD 1*, track 14).

Spatial awareness is the understanding of one’s body in relationship to personal and general space and includes the “where” and “how” of movement.

■ *At Home* explore spatial concepts with your child—around & through, over & under, up & down—to *Walk Along, Rover* (*Home CD 1*, track 7).

Expressive movement begins when a child imitates movements—showing feelings, a mood, or dramatizing an action or animal movement. A child’s expressive movement emerges as her movement repertoire, body awareness, and imagination all develop. Creativity is at work when your child combines simple concepts (e.g. *jump + backward + fast*).

■ *At Home* try individual movement words (see left column) with your child. Help her combine words to create “new” ideas as you dance to a favorite instrumental selection from your *Home CDs*.

Group dances and circle games allow your child to “feel” movement, emotion, and social connections. The traditional *Ring Around the Rosey*, for example, gives your child an experience of dealing with emotions in a healthy manner when she “falls down” and gets back up. Circle dances also nurture development of steady beat and ensemble skills.

■ *At Home* involve the whole family in *Jing Jang* (*Home Activity Book*, p. 13). Invite brothers, sisters, friends, and neighbors to take part!