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Introducing Children To Music... Strategies For Success

By Adwina Jackson

I've heard a million parents lament the fact that they didn't get their children interested in music sooner.

There are also hundreds of adults out there that wish they had learned how to play an instrument when they were younger.

Studies actually support the idea that music stimulates certain brain connections and can actually help children grow smarter!

Music also provides an invaluable outlet for safe expression of feelings and emotions, and can also serve as an important learning tool throughout your children's lives!

Music helps educate in many ways, by developing children's memory skills and nourishing their spirit.

Now, some children are a bit resistant to music at first, but you can easily find ways to encourage them to enjoy music in many different forms early in life.

You need to simply adopt some creative ways to introduce music in your children's life without forcing them to take on a task they aren't interested in (Hint: don't go buy a saxophone and tell them to practice or else).

Here's how you can successfully and gently introduce music into your children's life:

– Allow them the opportunity to select an instrument they are interested in. Even if that instrument is something you consider too large or incompatible for them. Be willing to let your children make their own decisions and encourage them when they do.

– Play a variety of different music in the home whenever your children are around. Turn on the radio and turn off the TV, and make a point to try and play something different every day.

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- Teach your children how to sign songs. Children learn through music. You can use songs to teach numbers, the alphabet and even help develop basic memory skills.
- Help your children make up their own songs. This will encourage them to use their natural creativity and talent.
- Hum a tune with your child. Praise them when they try something a little different.
- Consider taking your children to age appropriate concerts.

There are many concerts specifically designed with children in mind, chock full of songs and beats that will entertain and delight even the youngest of children.

Music is an important part of the developmental process children go through.

Children who are involved in activities such as band or other musical outlets are less likely to get involved in problematic behaviors and dangerous after school activities.

Music has even reportedly increased the intelligence of newborns, particularly building spatial reasoning.

Music also makes the world a happier place to live in. You'll enjoy learning as much as your children will, and you can even explore music together!

By introducing your children to music while they are still young, you will ultimately improve their lives and their appreciation of the world in many ways.

Adwina Jackson is a wife and mother of a young boy. She's also the editor of Inspiring Parenting, an online source of valuable parenting information. Please visit

<http://www.InspiringParenting.com>

for

helpful and free parenting info. Observe your children's health, growth and development by clicking the website.

Using Music To Calm Your Baby

By Emanuele Accenti

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Music is a wonderful way for you to calm and soothe your baby, especially during the first year. How

many times have your heard parents say that there was nothing that they could do with their crying, fussing baby until they tried music. This is because music does indeed soothe the savage beast, or in this case, the baby.

There are certain distinct sounds that have been proven to calm even fussy babies: the sounds of nature, white noise, and music. Even if your baby isn't fussing or crying you may want to use music as often as you can to encourage that feeling of calm and peacefulness. All it takes is a few minutes every day and before you know it your baby will be looking forward to hearing that certain song emanating from the CD player.

There is nothing complicated or mysterious about introducing your baby to music from day one. You don't need to search for the perfect song or a certain type of music. All you have to do is start by having your baby listen to your favorite songs and music. If jazz is on the top of your list, let your baby listen to the sounds of John Coltrane as he sits in his baby seat watching you in the kitchen. It doesn't matter if you play the schmaltzy songs of the eighties or some wicked African beat, your baby is going to listen and his mood is going to be altered by any musical sound that he hears.

Besides the music that you yourself can introduce your baby to, there are hundreds of CDs on the market today that are filled with baby songs and lullabies. At the end of the day you may want to play a CD of quiet baby songs that have a slower beat. There are so many CDs for you to choose from that you will have a hard time making up your mind. Choose something that interests you. Many baby CDs will have lullabies and faster beat songs on the same CD.

Playing music has other benefits besides soothing your fussy, crying baby. These benefits include:

- Babies are introduced to musical sounds.
- Music enhances your baby's behavior and cognitive skills.
- Relieves stress for the entire family.
- Will stimulate curiosity and an interest in music.

Take time to find a variety of music CDs for your baby to listen to. You'll soon notice which music your baby is most drawn to and can use that music when he is particularly fussy or is crying.

Emanuele Accenti is the author of the best-selling Ebook "

Babies First Year

– What Every Parents

Need To Know" – and offers a free newsletter for

new parents



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