



5 ways to bring music at home

A guide for parents that want to create love for music

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About the Author

I'm **Alejandra Aranda**. I am from Chile, where I got a bachelor's degree in Construction Management in 2005. I moved with my husband to the Middle East in 2008, dedicating myself to my passion: Teaching Music.

I got a Positive Discipline Parent Educator Certificate in 2015 and a Post Graduate Certificate in Education (PGCE(i)) in 2021 to validate all my experience as a teacher. I have been teaching Music, guitar, and singing to children (and adults) in Dubai and Doha all these years.

In 2018, I created [Kidslabmusic](#) as a music program to allow children to develop connections and love for Music. Now [Kidslabmusic](#) is so much more than a program, allowing educators and parents to connect with children through Music. Let us explore together!

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Introduction

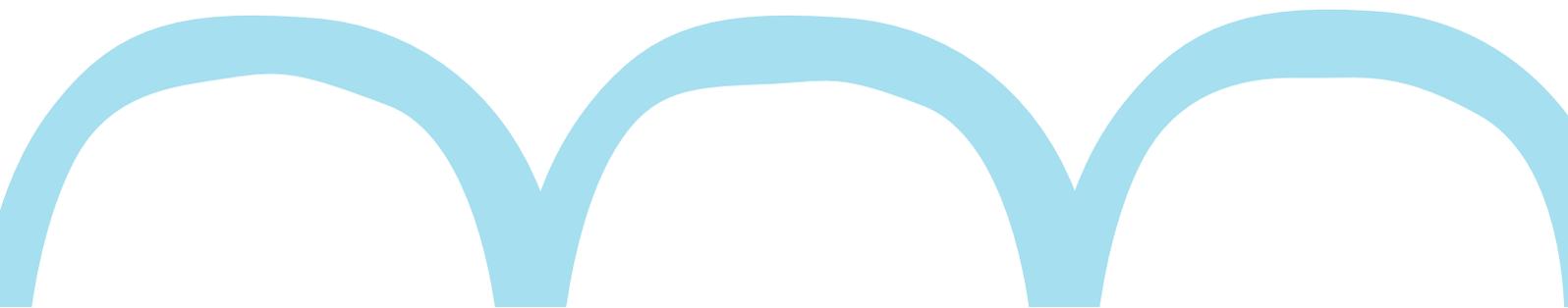
As a mother of two, I always think of ways to connect more with my children. Busy days for all family members and many days where I feel like I'm not spending enough time with them.

During all these 10 years of parenthood, music has become an essential part of our life, helping me to incorporate more quality moments into our routine.

And that's why I would like to share how you can incorporate music at home. I want to help you generate these special moments as well!

*"Music is a language
that connect souls."*

(Alejandra Aranda)



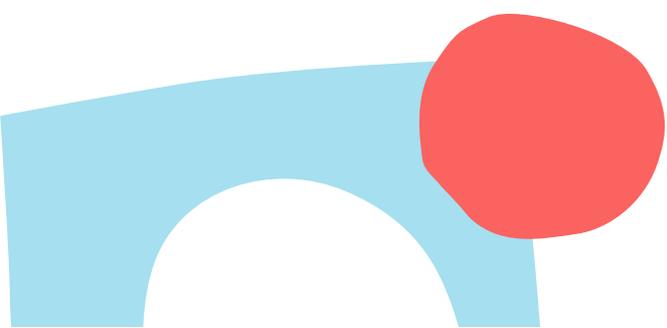
5 ways to bring music at home

Music, without a doubt, has a positive effect on children's development. Exposing children to music since they are born (or even before) has amazing results for the development not only of motor and cognitive skills (coordinated movement and sense of rhythm, for example) but also help to develop sensory skills, educating more sensitive children (right and left brain skills), to calm down under stressful situations, to develop creativity, it can help us to establish routines as well, and the most important effects for me:

To build self-esteem and allow children to feel part of something bigger.

This last point is fundamental when we think about the generation of connecting moments between parents and children. Music can definitely bring people together.

As a music teacher passionate about music, many parents have asked me how they can encourage music in their children. Well, the best way to introduce music is by incorporating it at home and in your daily life. You will not only encourage music to your child but also contribute to generating beautiful experiences.



Here I include 5 things you can do:

1. Create a “music corner”:

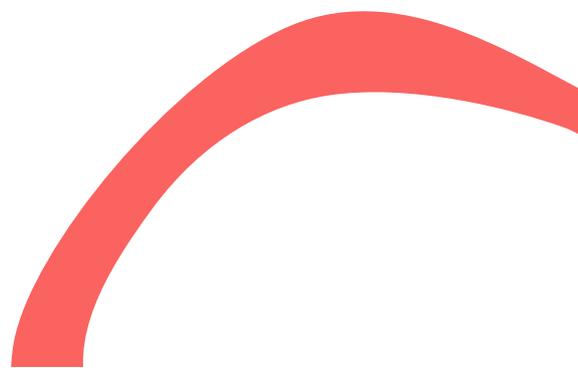
In the same way, we create a reading space when we want children to read more, or an area with art and craft materials, we should create a music area to encourage this at home. It can sound huge and expensive, but it can be really simple.

There is plenty of musical instrument specially designed for kids that we can add to this area little by little.

Keep everything in one place. You can organize all the instruments in a basket and make the area simple, clear, and unique.

Buy some percussion instruments special for children, like a drum, shakers, and rhythm sticks. Include a xylophone or a small piano to explore with sound. (Don't miss this [Instagram post](#) with more info).

You can even have a big piano and a guitar in one corner to motivate everybody to play these instruments. Display the instruments in a zone where everybody can see them.



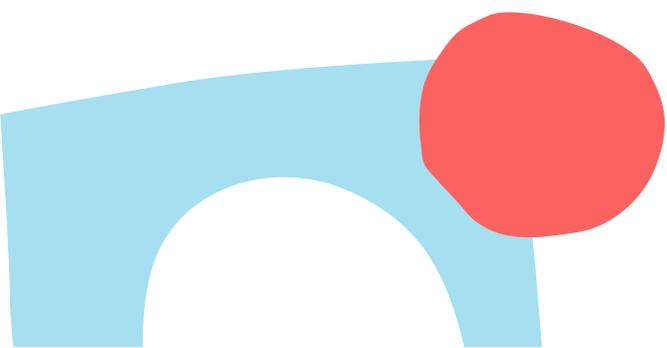
All these instruments will help your children explore Rhythm and Sound. These two basic concepts come with us as humans, and we can transform them into a musical rhythm and a musical sound with practice and motivation. (Have a look of [this post](#) on Instagram).

2. Teach your child to “love” their instruments:

They will indeed want to explore with them in many ways (touching, shaking, and even sucking them when they are babies). Still, there are certainly some rules to follow when playing musical instruments.

In the same way, we teach children to respect toys, we need to teach them to respect musical instruments. It is an intrinsic way to teach them to love music. “We treat them well,” “we are kind to them,” and tidy up after using them. These principles are essential in daily life and, of course, when referring to musical instruments.

Teach them how to use each instrument gently. (e.g., we shake or tap a tambourine using our hands. We don't throw it or hit someone with it). (Watch [this video](#) on my youtube channel for more info).



3. Listen to Music with children:

We can listen to music at home or on a car trip. We can sing with them, dance with them, and generate beautiful moments.

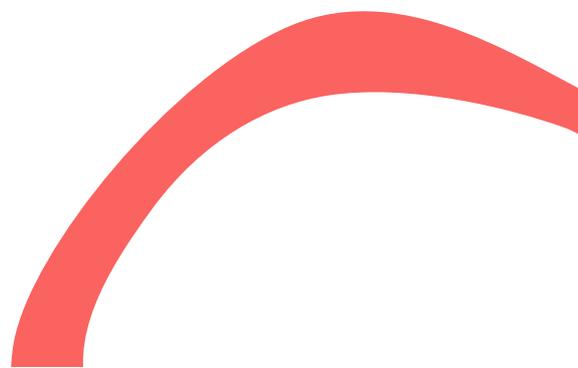
The benefits of singing and dancing are endless. Just to mention some, they improve our immune system, reduce stress levels, and help us calm down. Specifically, dance helps us to make muscles stronger. What a fantastic way to exercise together!

*"It is Music and Dancing that make me at
Peace with the World."*

(Nelson Mandela)

We can watch videos or concerts on the TV or go to a live show. We can include all kinds of Music, nursery rhymes, classical Music, and Modern Music. We can also go to a musical theatre. Include different dances as well. Ballet, flamenco, tango, merengue, salsa, etc., and of course, children's and parents' favorite music.

I genuinely believe that showing each other "our favorite music" is a beautiful way to connect and share a part of ourselves with others.



4. Play music / Create music with children:

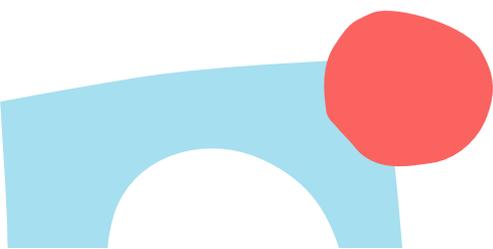
It does not matter if we are the best or worst musicians in the world, but I love creating music with my children. We can play with them in our “music corner,” add some percussion instruments, pretend that we have a music band, create songs to do the daily chores, sing a story (we can use a storybook as a guide), pretend that any (safe) object in the house can be a music instrument (a plastic pot, a pan) and create a beautiful masterpiece.

(Watch [this video](#) where I include a beautiful song to play shakers with children.)

5. Use music in your daily routine.

Music can help us to anticipate situations with children or relate a particular moment with a specific song. That can help them to follow a routine quickly and regulate their behavior. This point is essential in children with special needs, for whom it is crucial to have a constant routine.

We can sing songs to remind children it is time to clean up, wash their hands, or go to bed. We can create our own song or take one known and always use the same one for each situation. We can sing the song with our child or play it with our phone or music player.



We can have a song or listen to music in those stressful moments our child needs to calm down, or listen to music to do homework, do art and craft, or while we are having lunch.

We can also sing a particular song with them before sleeping. My daughter used to ask me to sing some relaxed songs before sleeping as a toddler. Now that she is a bigger child, I can hear her singing a soothing melody from my room just before she falls asleep. And that is beautiful!

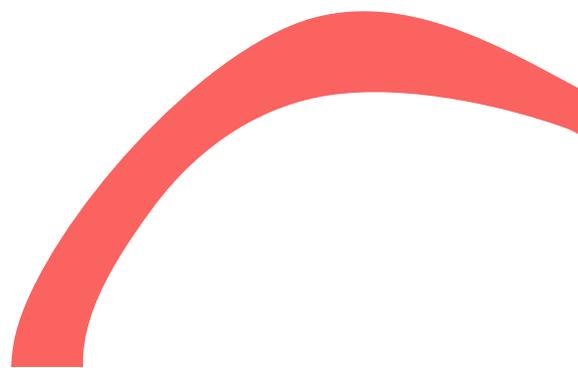
Summarizing:

When we listen to music, dance, play an instrument, or sing, we can connect with our souls, feelings, memories, and others. That connection can be beautiful if we make it beautiful.

As Maria Montessori always said:

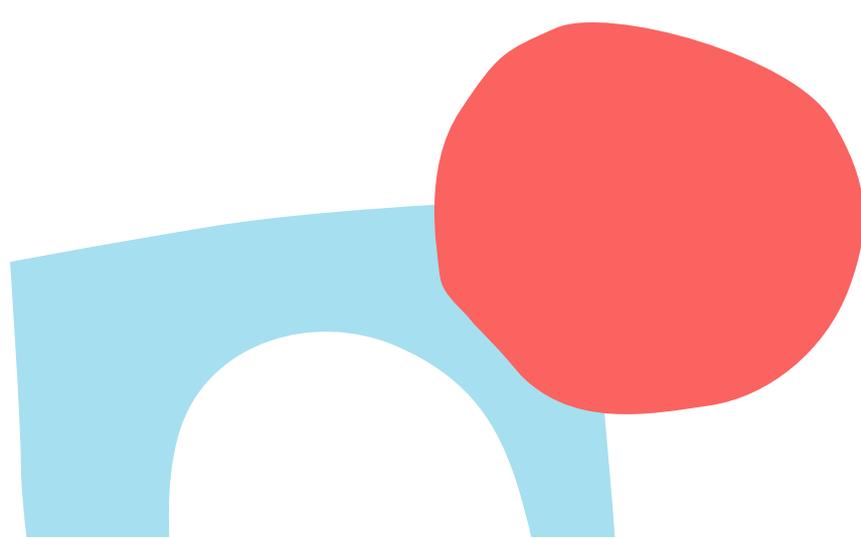
"we must give children the right environment."

To encourage music, we create an environment for the child to awaken their curiosity and allow them to explore independently.



We can show them different possibilities of music, we guide them, we put some basic rules according to their ages, we are here to answer questions, to discover together, to play together, and something very important to consider: If we want them to feel attracted to music: We should not force them to do something they don't want.

Try some of these ideas at home. Incorporate them into your everyday routine. Let yourself go with the flow and enjoy your time with your children through music, generating happy moments simply and beautifully. Don't miss the opportunity to introduce your family to the beautiful world of music. Go on!





Thank you!

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