

# Early Childhood Music Recommendations

## Parent's Voices

The best part about this rec is that it's FREE! The most comforting and soothing sounds for a baby/toddler are parent voices, particularly mom's voice. It doesn't matter if you don't sound like a professional musician, your baby prefers your voice over any other!

- a. **Sing frequently with your child.** Utilize books, CD's, and instruments for extra support.
- b. **Make a voice memo** of you singing a lullaby to share as a simple way to have your voice ready for your baby to listen to even if you're not there.

## Lullabies

There is a reason you'll find the lullabies are timeless in our culture and sounds of different lullabies across different cultures tend to be very stylistically similar. A lullaby might not be a symphony, but that doesn't mean it is not valuable. In fact, simplicity in rhythm, instrumentation, and range can be far more developmentally appropriate for baby and toddler minds to process and listen to.

## Music Training

As you can see from the research mentioned in our post and cited below, music training is different from music listening and is highly beneficial for children's spatial/temporal reasoning. Depending on your child's age/development, a number of things could be appropriate.

- a. **Private music lessons:** Half hour piano lessons are appropriate for children 4+, and help reinforce early math and reading skills. For local lessons, we recommend checking out Mary Hale's studio in Arlington: [Mary Hale's Studio](#)
- b. **Early Childhood music classes:** Going to mommy and me type music classes is a great way to bond and expose your baby/toddler to music in a developmentally appropriate way. Locally, we recommend Music with Munchkins in Burlison with Adrien Beggerly: [Music With Munchkins on Facebook](#)
- c. **Music Therapy:** Music therapy can be appropriate for individuals in early childhood with various challenges. Heart and Harmony also offers birth consultation music therapy services and NICU-MT (Neonatal Intensive Care Unit Music Therapy) consultation services. Schedule a free phone consultation here: [Heart and Harmony Consultation](#)
- d. **Adaptive Lessons:** Adapted lessons can be appropriate for children who might have learning, developmental, physical, or behavioral challenges. Adapted lessons are often incorporated into music therapy, but can be completely separate. Schedule a free phone consultation to see what might be appropriate: [Heart and Harmony Consultation](#)

**Happy musicing! Please reach out if you have any questions!**

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