

BENEFITS OF MUSIC

1. IMPROVEMENT OF ATTENTION AND FOCUS

BOTH PLAYING AND LEARNING TO PLAY AN INSTRUMENT CAN HELP IMPROVE ATTENTION AND FOCUS. FURTHER, PLAYING AND LEARNING TO PLAY AN INSTRUMENT REQUIRES THAT ONE MUST ALTERNATE ATTENTION, WHICH WILL THUS HELP CHILDREN DEVELOP THE NECESSARY SKILLS TO BOTH ALTERNATE THEIR ATTENTION AS WELL AS SUSTAIN THEIR ATTENTION ON A PARTICULAR TASK.

2. BUILDING CONSISTENCY AND REINFORCING MEMORY

REPETITION PROVIDES CHILDREN WITH PREDICTABILITY, WHICH IN TURN PROVIDES THEM WITH A SENSE OF SAFETY AND SECURITY. MUSIC IS OFTEN QUITE REPETITIVE, AND ONE CAN INCORPORATE MUSIC INTO DAILY ACTIVITIES SUCH AS AT THE START AND END OF AN ACTIVITY SO CHILDREN WILL FEEL THIS SENSE OF SAFETY AND SECURITY THAT COMES WITH REPETITION AND THEN HAVE THE CONFIDENCE TO JOIN IN ON PARTICULAR TASKS AND LEARN FROM THEM.

3. COGNITIVE DEVELOPMENT

WHEN LEARNING A MUSICAL INSTRUMENT, THE TACTILE, AUDITORY, AND VISUAL SYSTEMS ARE ENGAGED; MUSIC OFFERS A MULTI-SENSORY EXPERIENCE THAT IS EXTREMELY IMPORTANT FOR COGNITIVE DEVELOPMENT. THE TACTILE LEARNING SYSTEM IS INVOLVED WHEN CHILDREN TOUCH INSTRUMENTS AND FEEL THE SOUND IMPULSE VIBRATIONS. FURTHER, CHILDREN'S AUDITORY AND VISUAL SYSTEMS ARE ENGAGED, THUS STRENGTHENING THESE SYSTEMS AND ENHANCING COGNITIVE DEVELOPMENT.

4. AID IN EMOTIONAL REGULATION

MUSIC SERVES AS AN AID IN EMOTIONAL REGULATION, BOTH LISTENING TO AND PLAYING AN INSTRUMENT. SIMPLY LISTENING TO MUSIC CAN AFFECT ONE'S ABILITY TO REGULATE THEIR EMOTIONS. MUSIC THERAPY, WHICH INVOLVES ACTIVELY LISTENING TO MUSIC, ALLOWS CHILDREN TO SOOTHE THEMSELVES WHEN EXPERIENCING STRONG EMOTIONS. MUSIC THERAPY IS PARTICULARLY EFFECTIVE IN TREATING EMOTIONAL DYSREGULATION.

