

Swinging to the Music

Age: Newborn and up

What's needed

Music



What to do

Music and movement naturally go together.

1. A newborn baby will enjoy the sound of music and the gentle movement of your body as you rock and sway to the slow songs on the radio.
2. Toddlers will have fun rocking and swaying to favorite children's songs. Demonstrate how you rock from side to side or from front to back as you keep time to the music. Swing your arms from side to side and round and round. Children will have fun watching and imitating these body movements.
3. Older preschoolers will be able to lead you in dancing to up-tempo music.

What children will learn

Large motor skills, music appreciation, movement/physical activity