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**Let's Rock!
Music Strategies
to Enhance early
Childhood
Development**



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Friday, September 15, 2017
3:15-4:45pm

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Ways to Say Hello



When you see someone for the first time
Smile at them and say “hi”

Wave hello

Look at their eyes

Shake hands

Give a high five

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MT-BC**

Neurologic Music Therapy Fellow
Co-Founder & President, MTCCA
Co-Founder and President, Banding Together
Songwriter




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Internship Director
Business Consultant & Entrepreneur
Presenter

**WESTERN MICHIGAN
UNIVERSITY**



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Introductions



Why am I here?

- Learn about a brief overview of music neuroscience research
- Learn individual and group strategies using music to improve speech/language, motor and cognition
- Identify ways that music can enhance early childhood development
 - Instruments
 - Strategies
 - Products and Resources





What is music therapy?



Credentials of a Music Therapist

- BA (coursework in biology, music, psychology, education)
- 6 month internship includes 1200 hours of clinical experience
- National board-certification by CBMT
MT-BC (continuing education to maintain)
- Quality assurance



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Where do music therapists work?

Hospice Hospitals
Wellness Schools
Mental Health Rehabilitation
Retirement Communities
Drug addiction/recovery
In-patient & out-patient programs

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We empower people to courageously become
their best---one note at a time.

PURSUING POTENTIAL

<https://vimeo.com/108551478>

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- Early intervention, school-aged, adolescents
- Home-based, preschool-based and center-based music therapy sessions
- Co-treatment with other disciplines
- Adapted music lessons
- Consultation and parent training

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+ How Do You Use Music?



+ Research

+ Research for Speech & Language

- Improvement on word retrieval
- Significant gains in phrase length, noun retrieval and verbal imitation
- Better communication and developmental skills, including school readiness

+ Research for Music & Cognition

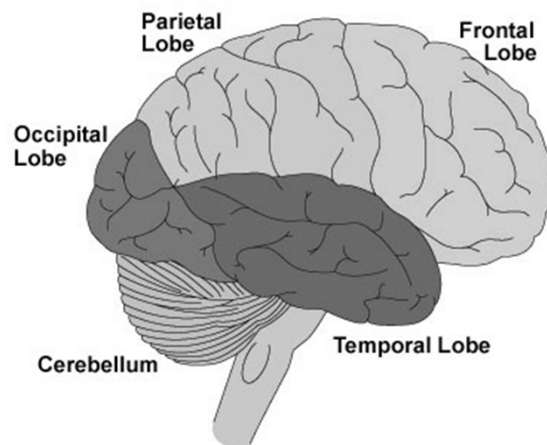
- Songs can be used to teach social skills and pragmatics
- Increases social interaction with peers
- Faster learning rate
- Used as an early intervention tool for infants and young children (0-3 years)
- Improves family interactions and allows parents to articulate new insights and strengths of their children
- Can improve communication/language development, emotional responses, and attention
- Can improve behavior

+ **Research for Sensorimotor**

- Increase independence on self-care tasks (such as hand washing and potty training) and motor movement
- Improves gait performance (walking) including velocity and stride length



+ **THE BRAIN**



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Music & Speech: 2 Hemispheres

LEFT=

Language

RIGHT=

pitch, melody

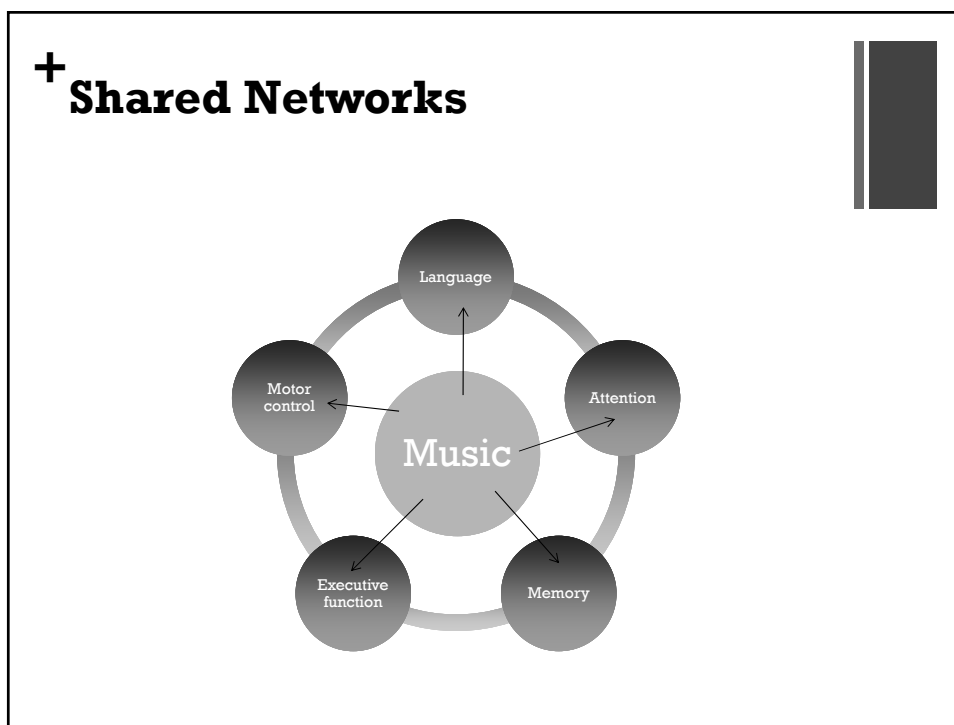
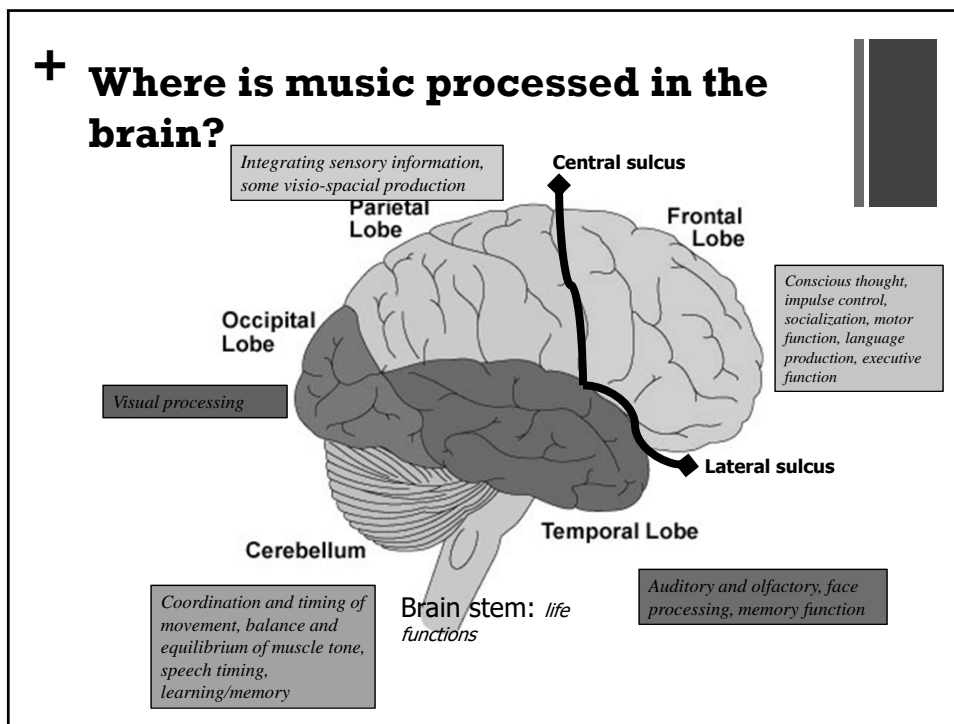


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Music Engages:

- Bilateral cortex (primary motor area, Broca's area, Wernicke's' area, auditory cortex)
- Subcortex (deep brain structures like basal ganglia and amygdala)
- Brainstem
- Cerebellum





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Why does music work?

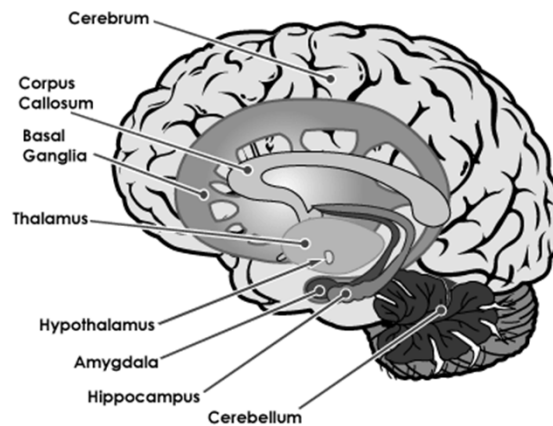
- Music is a global brain process
- It is the “switch” to access control processes related to the movement, attention, speech production, learning and memory.
- Mnemonic device
- Motivating for increased sustained attention
- Predictable and structured



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The Limbic System: Emotions

Basal Ganglia and Limbic System



©2005 HowStuffWorks

+ Music, Emotion & The Brain Research

- Arousal/Attention: Playing an unexpected chord at the end of a progression “wakes” up your brain
- Pleasure responses “the chill” in music
- ↑ ■ increased blood flow in the brain related to areas for making decisions
- ↓ ■ decreased blood flow to areas like amygdala (fight or flight response)
- Listening music causes the brain to release dopamine, a feel-good chemical.
- Pleasant vs. unpleasant music: unpleasant music (or dissonant) music activated amygdala

+ Picking the Right Music

- **Predictability:** We need the “right” amount of structure and variety.
- Too little=boring and simplistic
- Too much=overly complex and unpleasant
- **Hedonic value (amount of pleasure)**
- Changes based on music training
- Most pleasing has a moderate amount level of arousal

+ Emotions & Music

- We can use music to facilitate an emotional experience
- Identify emotions
- Expression of emotions
- Emotional communication
- Synthesis, control and modulation of emotion
- Music can create an emotional reaction or arousal response
- Attention, memory, emotions and learning are tied to emotional experiences

+ How We Can Use Music

- Music can
 - Influence the state of “readiness” (for instance if they are depressed)
 - Promote exploratory behavior (improvisation)
 - Help convey information
 - Increase pleasure, reward, positive feedback

REMEMBER!

- Patient preferred music is important
- Quality of the music product is important
- Structure, expectation and anticipation

+ Summary: Music & Brain

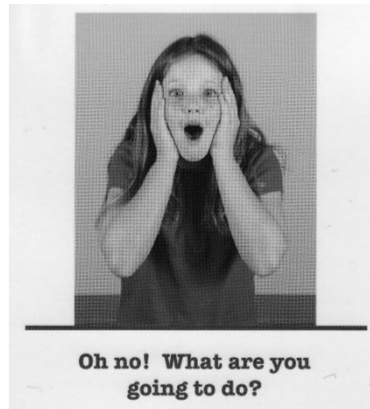
- Music is a whole-brain process and activates multiple areas of the brain
- Steady beat/rhythm gives us structure for coordination, speech and movement. Entrainment is automatic.
- Melody may be used as compensation or an alternate pathway
- Areas in the brain are not unique to only music but are shared with other processes
- These shared engaging in music networks can help with non-musical functions/skills (speech/language, sensorimotor and cognition)
- Music can drive functions despite cortical damage
- The brain that engages in music is changed by it

+ 5 Ways to Use Music for Early Childhood Development

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1. Sing to Teach Skills or Give Directions

- Teach: speech/language, movement, social skills, academics
- Give directions/transitions
- Tips:
 - Music is like glue
 - Use hand motions
 - Make up silly songs for tasks
 - Stories that can be sung



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- Structured learning approach using speech and music therapy
- Full color digital manual (activity lesson plans, lyric sheets, quizzes)
- 120 color-coded photo digital flashcards

+ Why In Harmony was developed


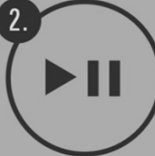


- Parent and professionals needed tools and strategies that they could implement outside of therapy
- Original songs created for specific needs
- Co-treatment demonstrated increase in outcomes



+ Teaching Social Skills Through Song Infographic & Video

- http://issuu.com/ecmt_imagine/docs/imagine_7_1__2016/97?e=1466273/39224725
- https://www.youtube.com/watch?v=zqb_Pxd8hyY&feature=youtu.be

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<p>1.</p>  <p>INTERACT & LEARN</p> <p>Listen to the song</p> <p>Move to the music (dance, clap, march)</p> <p>Play instruments</p> <p>Sing-a-long</p>	<p>2.</p>  <p>PAUSE FOR UNDERSTANDING</p> <p>Song Review Pause the recording at the end of each phrase to see if the child can fill in the word(s).</p> <p>Karaoke Encourage the child to sing the whole song.</p>	<p>3.</p>  <p>FADE THE MUSIC</p> <p>Fade the Melody Chant the lyrics while tapping the rhythm with your hand. Try a drum or a music loop.</p> <p>Fade the Rhythm Say the lyrics in a normal speaking voice.</p>	<p>4.</p>  <p>GENERALIZE</p> <p>Sequence Using pictures put the steps in order.</p> <p>Video Modeling Create or find a video showing people acting out the social skill in real life. Record and watch.</p> <p>Role Play/Act it out Use the lyrics as a script to act out the social scenario.</p>
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Rockstar Check

- Child can sing some of the words
- Child sings all the words
- Child chants the words without melody
- Child speaks words without rhythm
- Child uses the social skill in every day life

Mix it up! ...

- Make visuals to tell the steps of the story
- Incorporate props (e.g., hats, costumes, scarves)
- Sing with toy or real microphone
- Create a story using an app such as Pictello
- Play a drum or add rhythm loop for structure
- Record a role-play video with a smart phone to generalize

+ **2. Move to Music**

- **Dance or move**
- **Use rhythm to help structure and coordinate movements**



+ Example Movement Songs

- Clap Hands (In Harmony)
- Shake Another Hand
- My Hands are for Clapping (Jim Gill)
- Let's Go Swimming, We Are the Dinosaurs, Rocketship Run (Laurie Berkner)
- Bubblegum Song (Andy Z)

+ 3. Use Music for Coping Skills/Relaxation

- Music for calming/relaxation
 - Resting heart rate 60bpm
 - Music without words



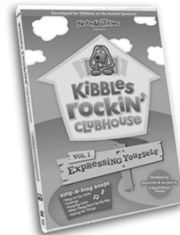
+ Social/Coping Skills Children

- Keeping Calm
 - Kibbles Rockin' Clubhouse
- When Things Don't Go My Way
 - In Harmony Learning
- Body Check
- Self Control



+ Kibbles Rockin' Clubhouse

- 42 minute, fun-filled kids show with dramatic scenes, great educational songs and interactive "Kibbles World."
- Designed for kids with autism and learning disabilities · Karaoke sing-a-long special feature
- Over 40 minutes of support material for parents · Includes a bonus CD of all the songs!
- Free podcasts and resources
www.NoteAbilities.com



+ 4. Use Instruments or Technology

- Pick instruments that you have to share
- Play along with songs on the radio
- Taking turns
- Eye contact
- Start/stop



+ Recommended Instruments

- Rainstick ■ Maracas
- Slide whistle ■ Bells
- Ocean drum ■ Djembe
- Cabasa ■ Tubano
- Paddle drums ■ Gathering drum
- Chimes
- Egg shakers



+ Recommended Places to Buy Instruments

- Lakeshore Learning
- Guitar Center
- MusicIsElementary.com
- WestMusic.com
- Recommended brand for small hands
 - Lynn Kleiner

+ Technology

- EZ 220
- iPad apps
 - GarageBand
 - GigBaby or other loop program



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5. Use visuals

- In Harmony Flashcards
- Create your own adapted books
- Brown Bear
- Conversation cards
- Visual Lyric sheets



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Body Check Song

Body check, rock your body. (x 3) Ready to go!



I can keep my voice quiet. I can keep my body calm.







I can keep my eyes, looking at my teacher. I am ready to go.





+ **Body Check Song**



Body check, rock your body. (x 3) Ready to go!

When I'm feeling anxious. When I have a bad day.


When there's noise all around, and I can't find the words to say.

+ **Self-Control Song**

Chorus 1
Stand firm in your self-control
(Feet on ground, hand out)
Don't give in
No, no, no, no, no
REPEAT

Verse 1
Stop and think.
Calm down.
Think about your choices.
Make a good choice.





5 Ways to Use Music for Early Childhood Development



1. Sing to teach skills or give directions
2. Move to music
3. Use music for coping skills/relaxation
4. Use instruments or technology
5. Use visuals with music



Resources



- **The Music Therapy Center of California**
 - Free 30-minute screenings
 - Holiday Camp Jam
 - December 10: Mission Valley
 - December 11: Encinitas
- **Banding Together**
 - Music therapy scholarships
- **Autism Tree Project In Harmony Parent/Professional Trainings**
 - September 21st 6:30-9pm Point Loma
 - Thursday, October 19th 6:30-9pm Encinitas

+ Resources

- FREE Music playgroups for newly diagnosed families
 - Register at www.autismtreeproject.org
 - Fall dates
 - **Saturday, September 23rd at 10am**
 - **Saturday, October 21 10th at 10am**
 - **Saturday, November 11th at 10am**
- www.noteabilities.com
 - Visuals, coloring pages, podcasts (free)
 - Podcasts: managing tantrums, keeping calm, teaching social skills, etc.

+ Resources we have for sale today

- In Harmony Learning Digital Manual with CD and digital flashcards \$20
- In Harmony Download card (12 songs, 12 tracks) \$10
- Kibbles DVD & CD package \$20
- Shakers \$3 (or 3 for \$5)

+ Stay in Touch

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- Like us and write a review on Facebook and get a free pen and shaker TODAY!

