



Play that Rock & Roll Music!

Music Soothes the Soul!

Goal: Play your favourite songs and encourage your child to join you in dancing to the music.

[Tip]: Sing or swing your child, and enjoy the present and past memories you have with the song. Have fun!

Why is this important? Music is a powerful mood changer and energy booster. Showing your child that music can help to relieve tension is a great way to model emotional self-regulation.

References:

Baker, F. A. (2013). Review of Music, Health, and Well-being. *Psychomusicology: Music, Mind, and Brain*, 23(2), 131–133. <https://doi-org.uwinnipeg.idm.oclc.org/10.1037/pmu0000006.supp>