



## Music

Expose your child to all types of music. Really 'listen', as opposed to background noise. Include classical, pop, country music etc. Talk to them about the differences and how the music makes you feel.

## Make Music

Make music together with real or home-made instruments and really focus on the rhythm. Make a pattern for your child to repeat. Don't forget body percussion too - clapping, stamping etc.



## Dance

Dance with your child. Make up a pattern or sequence and ask them to remember it and copy you. Ask them to make up a pattern and then repeat it for you.

