

Why should your child continue music through middle and high school?

Participation in music makes the brain stronger! The more music experience a child has, the more effectively their brain works. Here is what the research says:

The more accurately a child (or an adult) can keep a steady beat, the better reader they will be. The more experience you have dancing, singing, tapping, and playing to a steady beat, the better you will read.

The more years of music study a child has, the better they can separate intentional sound from noise. A classroom or a workplace can be a very noisy place. If you can stay focused on the important information and block out the noise, you will be a more successful student and a more successful employee.

Reading music requires processing of a symbolic language. **Strong music readers are also strong text readers, particularly with non-fiction.**

Playing instruments and singing provide a sensory experience from the inside out. This builds thicker connections between the brain and the various body systems used. For example, when a violinist uses their left hand for very detailed movements over many years, the part of their brain that controls the left hand will be denser. Scientists can look at a brain scan and see that it belongs to a violinist!

Playing music fires up more parts of the brain at the same time that ANY other activity you can do. Think about all the connections made when you: blow or bow, press the keys or play the notes on the string, read the music, connect to the steady beat, watch and respond to the conductor. Even the immune system is strengthened!

Music is a language. Learning to “speak music” increases your vocabulary and communication skills. Some people call music the universal language because it is spoken all over the world. **The more languages you speak, the better you can communicate.**

Music allows communication without words. People who are strong musicians usually have good social and emotional skills because they have mastered non-verbal communication.

Playing music with other people releases endorphins --- chemicals in our brains that are nature’s anti-depressant. **We just feel better when we play together.**

Sources:

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