



My Music Starts Here – *Tips for Parents*

We create all of our music programs so they can be used with or without adult guidance for the child. Either way, your child's brain is getting stronger by being an active music-maker, all while playing and having fun.

For our Spring 2020 Free Program, we have created a variety of playlists –

- **Circle Time** replicates your child's *morning circle time* at school with their teacher
- **Active Listening** songs engage your child with questions while they listen
- **Music for Mindfulness** for those moments when you both need some calm and quiet
- **Favorite Songs** to enjoy listening or singing along with your children

Tips to get started –

Musical Breakfasts – Before getting in the kitchen to make breakfast, set up your child with our page. Choose a circle time playlist and give them the direction to watch the first three videos. They will keep a steady beat, do a body warm up, and learn a poem with hand motions while you make breakfast.

Just Like School – Replicate morning circle time with your child each morning by sitting together and watching one of our **Circle Time** playlists all the way through (between 15 and 20 minutes). We recommend choosing one to watch every morning for at least a week to give your child time to master the songs and poems.

Screen-Free Time – Find our **Active Listening** playlist and read the engaging questions on the video slide so that you can prompt your child with the questions while you listen to the piece. Or choose a piece from our **Music for Mindfulness** playlist, dim the lights, and find a comfy spot. You can access these pieces on our Spotify account!

Post-Lunch Slump – This is the perfect time to snuggle up on the couch together and pick a few of your favorite songs from our **Favorite Songs** playlist. Pick two that you already know so that you can sing along with us and pick one that's new to you and learn it together!

Dinnertime Dance – Choose a **Circle Time** playlist and go to the very last video - a movement song! Get your kiddo set up so that they can watch the video as you fix dinner. They will be so excited to learn all the motions and want you to do them too!

Bedtime Sweetness – Pick a favorite song from any of the playlists, hold your little one in your lap, and sing the song together. Our family favorites are *You are My Sunshine*, *Over in the Meadow*, and *Simple Gifts*. And just as you turn out the lights, choose a piece from the **Music for Mindfulness** playlist on Spotify, lay down, close your eyes, and breathe deep.

You are ready to go! Find our free page here: <https://www.mymusicstartshere.com/spring-2020-free-program/>