



## Music Therapy for Early Childhood

Everyone can make music! You are never too young to be involved with, or respond to, the benefits of music making. Music helps build critical bonds between caregivers and their children and supports overall development, helping to build neural pathways and unlocking hidden potential. Before language skills are even developed, music can serve as a vehicle for communication with babies and toddlers.

### Who Can Benefit

Children of all ages and backgrounds are especially receptive to music! Creative **early intervention** strategies including music therapy programming can be used to successfully reach young children with identified developmental delays or other unique needs. Typical **infants, toddlers and young children** can also reap the benefits of music when engaged with a music therapist and caregiver.

Young **students** in daycare centers or preschools also have fun engaging in music making that supports their emotional, social, cognitive and language development.

### Goals

Our services are goal driven and our therapists work with family members and/or team members to determine meaningful goals and objectives. Goals for young children are designed to be supportive and therapeutic, and involve live and recorded music making.

Goals can include:

- Increase expressive and receptive communication skills, social skills, motor skills
- Strengthen bonds between caregivers and children
- Boost feelings of efficacy and confidence in caregivers by providing support and knowledge of their child's development in a music-based setting

### Program Offerings

**Sprouting Melodies:** Created for children and their caregivers ages 0-5, Sprouting Melodies is an award winning early childhood music program. Offering age-specific classes for infants, toddlers, preschoolers and sibling pairs, Sprouting Melodies classes are facilitated by Board Certified Music Therapists who have additional early childhood development training through Raising Harmony™. Using songs, instrument play and movement, the weekly classes encourage musical, social, physical and emotional growth for children across the developmental spectrum.

**Clinical Music Therapy:** Music therapy sessions can be provided in conjunction with other early intervention therapies or pediatric therapies in both individual and group settings. Goals for young children can support needs identified in early intervention, preschool programs, or at home by the family.

**Music Therapy Club:** Targeted for children ages 3-7 with special needs, the Music Therapy Club offers a supportive music making environment that facilitates engagement, joy, and success for all.

*For more info on how our services can benefit your family member or program, please call our office!*

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