



Welcome to our final quarterly newsletter!

Young children under five are our third key client group, and the focus of our final newsletter this year. In addition to our music training projects, we run a structured training course for early years practitioners called Interactive Music-Making, and we are pleased to welcome our Interactive Music-Makers to our UK Partner Network with this newsletter. Learn more about the course and Award Scheme, which offers fully-funded places and a contribution to cover costs to help practitioners attend it [here](#).

The Evidence Base

THE ROLE OF MUSIC FOR THE UNDER FIVES: THE EVIDENCE BASE

Supporting Early Years Professionals Across the UK



Outlining the research which underpins the evidence for music therapy as a psychosocial intervention for the under fives, aligned with the UK Government's Early Years Foundation Stage Framework, giving us confidence that engaging early years practitioners in music based interventions can help them to better understand the children they work with.

“Music Therapy... builds directly on the children's predisposition to be social and draws out the innate musicality with which we are all born.”



The Evidence for Music Therapy: Research Summary



There is a wealth of evidence of the power of music to enhance early child development, and we've pulled it all together in this short [evidence base](#). It will confirm what you already know and may be a handy resource to summarise the importance of what you're doing to parents and managers.

Key findings show that the use of music can:

- Promote the development of verbal communication
- Promote the development of non-verbal communication skills (such as: turn-taking, eye contact, anticipation and listening)
- Develop attention and concentration
- Develop a young child's awareness of themselves and others
- Develop cognitive skills
- Boost self-esteem and confidence
- Build resilience

If you'd like support in your work with music with young children or any client group, you can access our [Partner Support Mechanism](#). Our team are available to answer your question, share resources and trouble shoot!

Feedback from the children you work with

We know music can have a huge impact on the children we work with - but it's always wonderful to hear from them themselves!



'I like it when we did Old Macdonald... I liked it when we was pigs and a duck, birds and a goat.'

'I can hit [the drum] harder when I use my fist. It goes really loud!'

'Goodbye instruments! Goodbye room! See you next time!'

'It was funny when you went fast with the drum and cymbal, I liked it!'

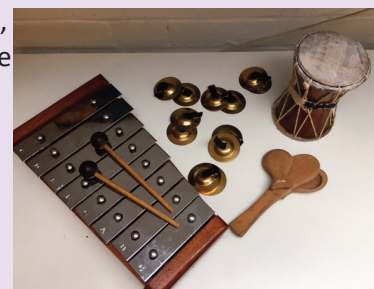
'I like the noise of it!'



In other news...

Instrument bundle giveaway

Thank you to Jenny Sandler for donating several instruments after hearing our Radio 4 Appeal this October. **Send in an activity, idea, story or even a question for our music therapists to answer**, and win some of Jenny's instruments, which includes a glockenspiel, a finger cymbal set, one small drum and a wooden clacker. **This giveaway is open to all of our partners, not just those in the early years.**

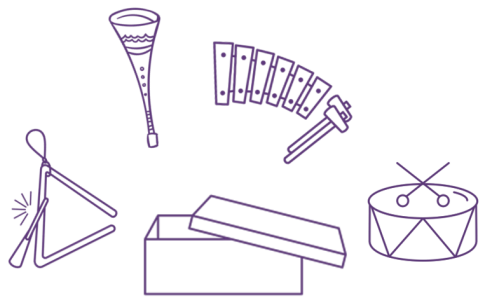


BBC Radio 4 Appeal raises over £15,000!

Thank you to everyone who supported our campaign: we've raised a huge £15,145.78 so far and we're still receiving cheques and donations. The money raised will contribute to projects across the UK and internationally.

New Activity: What's in the Bag?

Interactive Music-Maker Clare Matthews has kindly shared an activity she designed to support shy children whose confidence playing in their nursery setting showed they had the potential to become leaders.



Equipment: a box/bag, selection of instruments

Aims:

- Develop concentration skills and careful listening
- Increase confidence when leading the group
- Practice choice
- Experience leadership
- Encourage self-expression
- Experience greater freedom (choosing to play or not)
- Allows them to choose from a larger selection of instruments
- To provide each member an equal chance for individual attention
- Encourages them to wait their turn

The adult has a bag full of different instruments. They sing 'What's in the bag? What's in the Bag? [Child's name] can you tell me what's in the bag?' The adult offers the child the bag and they pick an instrument. They can ask the name of the instrument, depending on their age and ability, or invite them to play a sound. When every child has an instrument the adult chooses too.

The adult then says 'Ready Steady Go!' and everyone plays together (to mix things up and add a little humour for the children, you can change 'go' to a random word like 'bananas!') Or wait a little longer before saying 'go' (to build anticipation). Give them time to express themselves and to get a fair chance with the instrument (15-20 seconds). then shout 'Stop!' Next, say 'swap' and everyone (including the adult) passes their instrument along one until everyone has had the chance to play all the instruments.

You can develop this activity by asking children to sit in front of the semi-circle and lead themselves the stop/start activity themselves.

Clare advises: 'The first few times some children won't want to speak yet, so they may tell you their instructions,

for you to instruct the other children. Some children may become withdrawn - still encourage them but don't push them if they clearly do not want to act, as you don't want them to feel negatively about music sessions. It may take time with some children, but they will get there.'

You can create and adapt activities towards the goals you have set for your service users - whatever their age. Are you already doing this? We'd love to share your activity - just send it in.



CPD Events for Early Years practitioners

We run Continued Professional Development (CPD) Events as part of our Motivation Programme, specifically for partners working with the under fives. Events are hosted by early years practitioners, and led by music therapists from *Oxleas NHS Foundation Trust* and *Music as Therapy International*.

Do you need advice on how to start 1-1 work, need some ideas for new activities, or a boost to get your sessions started again? If so, come along! Plus it's a great way to catch up with your peers.

We will run another three CPD Events in London in March, June and November. Email freyagibbs@musicastherapy.org to find out more or to offer to host.

"I enjoyed meeting everyone and sharing experiences. I have taken with me fantastic ideas [with] which I will improve my practice."

"It's really great to have the support and to have it available so long after the course."

"I love hearing what works for other people."

To register to receive future copies of this Newsletter directly to you via email (and to receive your own pair of egg shakers) email freyagibbs@musicastherapy.org