

The Beat Goes On!

The ability to feel and express a steady beat is called timing. It's probably not a surprise to you that your child's timing is very important to movement and music. Did you know that timing also affects your child's sports skill, speech flow and even the performance of timed motor tasks too? Imagine; something as simple as being able to keep the beat helps your child do better at school and supports mathematics and reading achievement. Here are some ideas to help your child learn to keep the beat and have good timing.

Have a musical parade around your house. Encourage your child to walk or hop in time to the music. Help your child become aware of the timing by clapping to the beat.

Dance freely with your child to music with different rhythms, tempos (slow and fast), pitches (high and low) and volumes (soft and loud).

Make homemade instruments with your child and use them to keep the beat.

Help your child increase his knowledge of rhythm and language by encouraging him to clap (or stomp!) the rhythm of the words in a rhyme.