

sounds are pleasing.

- When they make sounds through their mouths they are taking the first steps toward speech and singing.
- When they are listening and making sounds they are devel-



Babies and Movements

It is natural for babies to move. At first babies' movements are reflexive. They move without thinking, such as sucking, yawning and stretching.

As they grow babies slowly begin to control their movements. They soon are able to reach, kick, rollover, bounce, crawl and walk.

Benefits of movement for babies:

- Gain control of their body.
- Become aware of their body.
- To explore the space around them.
- Discover what sounds they can make using body movements.
- Develop a sense of beat and rhythm.
- Learn to respond to what they hear.



SOUNDS and MOVEMENTS



for

Baby

Birth to 2 Years



Sounds and Movements

- Have you heard your baby cooing and gurgling and playing with the different sounds he can make?
- Have you heard your baby banging her hands or kicking her legs on her toys?
- Have you seen your baby holding onto a table and bouncing up and down?
- Have you seen your baby pointing, waving and clapping?

These are some of the different ways your baby is exploring sounds and movements.



Babies and Sounds

Babies first explore sounds through their voice and body. As they grow they find things around them to make sounds with.

Not only do they like to make different sounds babies also like to hear different sounds. Babies are especially interested in listening to songs. Maybe it is because of the up and down rhythm of a song that fascinates them.

By allowing and encouraging babies to explore and experience sounds we are helping them develop their auditory perception.

Benefits of sounds for babies:

- Babies learn about their world. They learn *how* to make sounds and *what* makes sounds and which sounds are pleasing.
- When they make sounds through their mouths they are taking the first steps toward speech and singing.
- When they are listening and making sounds they are developing their hearing abilities.
- With every experience their brain records it for future use. The more experience with sounds and singing babies have the easier it will be to recall this experience when needed in future.
- Singing is a type of communication. When sung to, babies will respond by cooing and babbling back. This en-