

THE BENEFITS OF LEARNING MUSIC

Brain growth

Studies in neuroscience show that music can enhance brain function in children. Musical activities such as playing an instrument stimulate the brain, and this brain workout leads to improved brain structure with the formation of new neural connections.

Language skills

Studies show that young children who participate in music classes have improved speech development and learn to read more easily. Learning music helps to develop the left side of the brain (related to language and reasoning), assists with sound recognition, and teaches rhythm and rhyme.

Maths skills

Music can help with the development of maths skills. By listening to musical beats your child can learn basic fractions, pattern-recognition and problem solving.

Memory, attention and concentration

Musical training enhances working memory skills and requires significant levels of concentration, training children to focus their attention for sustained periods.

Increased coordination

Just like playing sports, playing music helps children develop their motor skills. Making music involves the ears and eyes as well as large and small muscles, all at the same time. This helps the body and the mind work together.

Achievement and discipline

Learning music teaches children to work towards short-term goals, develop routine and practice self-discipline. Setting aside regular time for practice develops commitment and patience. Mastering a new piece of music leads to a sense of pride and achievement and helps children to learn the value of self-discipline.

Social skills

Making music with other people improves children's social and emotional skills. They learn to work together as a team and develop their sense of empathy with others.

The joy of music

Music can give children a way to express themselves, to unleash their creativity, to be inspired and uplifted, to relax, and to relieve stress and tension.

Source: <https://www.learningpotential.gov.au/articles/musical-benefits>