

Golden Tapple Lullabies

Why Lullabies?

Emotional Bonding

It is critical for healthy emotional development that bonding with at least one significant caregiver happens in the first 3 years of life. There is no better way to do this than being together with your child while listening to music. Singing to your child is also a great way to comfort them assuring them that you are there for them. We now know that a baby's sense of hearing is very well developed at birth. Newborns are able to distinguish their mother's voice from another woman's voiceⁱ.

The work of Stephen Malloch and Helen Shoemarkⁱⁱ at Melbourne Children's Hospital found that seriously ill babies who were in hospital for various reasons, showed significant behavioural improvements after being sung to.

Learning to Relax

Amazingly, children need to be **taught** how to relax. We are all aware of the "information overload" in our working lives and the same is true for young children. The pace of life has sped up considerably in one generation. It is more important now than ever that parents and caregivers routinely **show** children how to reduce stress by taking 5 minutes out of a busy schedule to enjoy quiet time together. This has the immediate benefit of reducing stress levels for both adult and child.

Helping with Sleep Routine

Ideally bedtime routine should be structured in the similar way every night to help reduce stress for any child. Even babies as young as 6 months, love routine. As the child gets older they enjoy being able to predict what comes next.

"We are what we do repeatedly" Aristotle

Play the CD several times together. With time you and your child will pick out a favorite so that when time is limited you can play one or two to maintain the routine. The first three songs are particularly designed for parent involvement e.g. singing, humming, rocking.

Did you know that children in the first 3 years of life spend 50-80% of their sleeping time dreaming? This percentage diminishes to 20-25% for grown adultsⁱⁱⁱ.

Listening Skills (Children 2-10yrs)

Active listening skills can greatly be enhanced at this age by creating listening opportunities. It is a good idea for parents to model good listening skills themselves. Then ask open questions such as "When you listen to this music what do you hear?" Not only will this help build your child's attention capacity, it will help to nurture a lifelong love for music. During the day ask them to draw or paint a picture of what they hear in their particular favorite piece.

Tip: Bring a torch to bed one night. When the lights go out and the music goes on, create a "torch ceiling dance" to the music together!

Sleep Issues

For further assistance contact:

www.tresillian.net 1800 637 357

www.karitan.com.au 1300 227 464

Dalwood Spilstead Centre

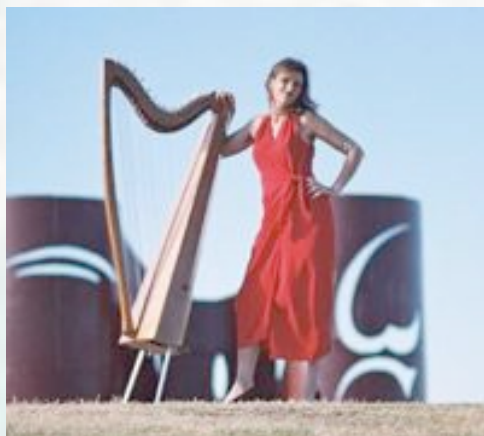
The Spilstead Centre provides a multidisciplinary early intervention service for vulnerable families. The Dalwood Spilstead Centre operates from the Dalwood Children's Services site at Seaforth NSW.

Before Easter 2011 15% of all CD sales will be donated to the Spilstead Centre.

Cliona Molins (Harp)

Following a degree in Psychology from Trinity College Dublin, Cliona worked for many years as a corporate trainer and writer of course materials. In 2004 after bringing the *Groove Angel* show to many childcare centers around Sydney, she set up [Lifesong](http://www.lifesong.com.au), a company that provides Kindermusik classes to children 0-7yrs old.

As a classically trained harp player she has been performing since she was 14 both in Ireland and Australia. Cliona plays solo harp for many corporate events in some of



Sydney's leading venues. She also performs with other musicians at festivals. Cliona has several private harp students from her home on the northern beaches.

www.molins.net.au/harp

Wendy Twibill (Vocals)



Wendy spent her youth in orchestras, choirs and musicals, joining Sydney's renowned acapella gospel choir *The Café of the Gates of Salvation* in her

20s. With an Arts Degree under her belt she went on to study classical singing at the Sydney Conservatorium of Music and now runs her own choir, *The Owls and the Pussycats*. Wendy is passionate about music and dance as a part of everyday life. She and her husband David also run a salsa dancing school called *Bang Bang Salsa* on Sydney's Northern Beaches.

Further Reading

ⁱ DeCasper & Fifer, 1980 *Science*. 1980 Jun 6;208(4448):1174-6. Of human bonding: newborns prefer their mothers' voices.

ⁱⁱ Malloch, S., Shoemark, H., Newnham, C. (2005). *The Art of Intersubjectivity: Music Therapy with Hospitalised Infants*. Paper presented at the World Congress of Music Therapy, Brisbane, 19-23 July.

ⁱⁱⁱ Kryger M, Roth T, Dement W (2000). *Principles & Practices of Sleep Medicine*. WB Saunders Company. pp. 15,724