



# The Grown-Up's Guide

Dear Fellow Parent,

We congratulate you for recognizing the importance of music learning to your child. As you probably know by now, music learning has been scientifically proven to enhance the skills of children aged 0-7 in literacy, numeracy, thinking ability, emotional intelligence and even IQ and physical health. It is the only hobby with such a remarkable spectrum of benefits.

Many parents put a lot of effort into developing their child's academic skills – the 'core skills'. Yet scientific studies show that the most effective way to develop core skills is not through traditional teaching methods but by studying music. This is good news for families, because the study of music can be a rewarding experience like no other! Music engages the emotions like nothing else and scientific studies show that it is also able to develop young brains to an unprecedented degree.

We thank you for choosing Moosicology as a companion to your child's learning journey. This guide will provide you with suggestions of how to use Moosicology with your child. Engaging with your baby or child through music can be a lot of fun and it is likely to enhance your child's motivation to learn music, but remember, Moosicology works even without parental assistance. As long as you play the CD and let your child look at the pictures for at least 30-40 minutes a week, your child will learn valuable music skills.

The early years from babyhood to the age of 7 years are a window of opportunity in which to develop your child's brain capacity in a way that is not possible afterwards. Early music study is the most effective way to use the amazing power of your child's developing brain to give your child remarkable life-long benefits.

With Moosicology, your child learns a wide range of core music skills the fun way. These skills are the basic components of all musicality, independent of the style or genre of music.

The same music theory and skills apply whether the music in question is classical, chart pop, jazz or any other music genre. Any kind of musical training relies on these core skills. Moosicology is the first package that teaches real music theory to your child through entertainment and in the comfort of your own home.

It has been truly fulfilling to see our son develop his musical talents with Moosicology, and he keeps on developing new skills every week. Other Moosicology families have stated the same view: watching your child come up with different beats, rhythm counting and engaging with music on a deeper level than ever before adds an extremely rewarding element to everyday parenting. We hope that your child, your family and you yourself have lots of fun with Moosicology's musical education!

Liisa, Travis & our Son Toivo (b.2007)  
Founders of Moosicology

P.S. If you enjoy reading science-based parenting tips and articles, please help yourself to our articles, blogs and resources free of charge at [moosicology.com](http://moosicology.com).

## The Methods and Principles of Moosicology

Moosicology is designed to be an extremely effective, yet completely stress-free way of helping your child to develop. What follows is a look at the methods behind Moosicology.

### **Moosicology is based on these scientifically proven principles:**

- **All children love music.** A child can learn in two ways, through natural interest and motivation or through forceful teaching. We want to preserve your child's love of music and encourage real learning through entertainment so that music doesn't become a chore but a passion. With Moosicology it's easy to motivate your children to learn music even without them realizing!

- **All children are musical.** Contrary to the myth that musical talent is something that some people have and others don't, science has shown that all babies are born naturally musical. The brains of small children are biologically wired for learning music, which in turn enhances their abilities to learn skills in literacy, mathematics, social ability and so forth.

- **All children benefit from learning music.** The study of music is scientifically proven to develop a child's brain more than any other activity. It is also the only activity which started before the age of seven or eight, is proven to significantly increase a child's genetic IQ. Increasing childhood IQ is linked to various benefits ranging from a longer and healthier life to financial success as an adult.

- **All children benefit from music study with minimal effort.** Scientific studies consistently show that with as little as 30-40 minutes of music training a week, a child aged 0-7 receives huge brain benefits. This is why we recommend a minimum of 30-40 minutes a week of Moosicology training. We have developed Moosicology to suit your family's schedule, at your convenience, and in a way that adapts to your child's individual development.

### **The Multisensory Method of Moosicology:**

You may have heard that there are three types of learning: auditory (listening), visual (looking and reading) and kinesthetic (doing and moving). Musical

learning requires all three types of abilities, which is likely to be the reason behind its immense brain benefits.

*“Instrumental training is a multisensory motor experience, typically initiated at an early age.”*

*- Schlaug et al., 2005.<sup>1</sup>*

Each individual child or adult may have their own preferred style of learning, but the combination of all three ways of learning is proven to be the most effective. In music, just as in life, you need all of them. Whatever your child’s ‘natural’ preference for learning, Moosicology caters for it and thus develops the all-important skills not only for music but for core school subjects. How the different learning types in Moosicology are utilised is outlined below.

#### Auditory:

- The tracks on the CDs teach your child different musical concepts through listening, which is a crucial music skill. Not only is music an art form of the ear, but learning to sing or play any instrument requires the ability to hear when you’re in tune and in rhythm.
- The pictures in the book support your child’s listening skills by giving them a visual focus. The ability to recognize different musical concepts by listening is not only a basic component of a musical mind, but better listening skills are also shown to help children read more easily.
- Scientific studies show that better listening skills, ‘phonological awareness’, improves your child’s skills in reading. Therefore with Moosicology, your child improves his/her literacy skills by learning to listen as well as linking what (s)he hears to the pictures and symbols found in the book’s learning aids. Literacy is one of the most important skills in modern information-based life and it is also crucial for the development of writing and the deeper learning of any subject in school and in life.

<sup>1</sup>Gottfried Schlaug, Andrea Norton, Katie Overy (Department of Neurology, Music and Neuroimaging Laboratory, Beth Israel Deaconess Medical Center/Harvard Medical School, Boston, USA) and Ellen Winner (Department of Psychology, Boston College, Boston, USA). **Effects of Music Training on the Child’s Brain and Cognitive Development**, The Annals of the New York Academy of Sciences (2005), Vol. 1060, pp.219–230 (2005). Available at: [http://musicianbrain.com/papers/Schlaug\\_Music\\_Child\\_Brain\\_NYAS2005.pdf](http://musicianbrain.com/papers/Schlaug_Music_Child_Brain_NYAS2005.pdf)

*“We examined the relations among phonological awareness, music perception skills, and early reading skills in a population of 100 4- and 5-year-old children.*

*Music skills were found to correlate significantly with both phonological awareness and reading development.”*

*- Anvari et al., 2002.<sup>2</sup>*

#### Visual:

- The Moosicology book supports your child’s musical learning the visual way. The meticulously crafted learning aids are as enjoyable for your child to look at as any colourful and imaginative illustrations. They help your child grasp the concepts on a theoretical level and they even teach substantial music reading skills the fun way! Grasping these skills makes it easier for your child to learn both mathematics and reading – a great way to give your child a head start at school.

*“Mathematical skills may well be enhanced by music learning because understanding rhythmic notation actually requires math-specific skills, such as pattern recognition and an understanding of proportion, ratio, fractions, and subdivision (e.g., a half note is twice as long as a quarter note, and a quarter note can be evenly subdivided into four sixteenth notes).”*

*- Schlaug et al., 2005.<sup>3</sup>*

#### Kinesthetic:

- The whole Moosicology package offers your child ways to clap their hands, tap their feet and move their body to music, which encourages rhythmic learning. It also gives your child basic instrument playing skills, as playing any instrument requires doing different things with different limbs at the same time.
- We encourage you, fellow parent, to pay attention to your child’s movement to music. Many parents who use Moosicology get a lot of pleasure from noticing how their child suddenly starts clapping to different beats or how their baby jigs and waves their hands to various rhythms.
- The short activation tracks are one of the unique features of the Moosicology method and Moosicology’s range of different rhythmic concepts is unprecedented

<sup>2</sup>Sima Anvari, Laurel Trainor, Jennifer Woodside and Betty Ann Levy (Department of Psychology, McMaster University, Hamilton, Canada). **Relations among musical skills, phonological processing, and early reading ability in preschool children**, *Journal of Experiment Child Psychology* (2002), Vol. 83, pp.111-30. Available at: <http://www.sciencedirect.com/science/article/pii/S0022096502001248>

<sup>3</sup>Gottfried Schlaug, Andrea Norton, Katie Overy. **Effects of Music Training on the Child’s Brain and Cognitive Development**. Available at: [http://musicianbrain.com/papers/Schlaug\\_Music\\_Child\\_Brain\\_NYAS2005.pdf](http://musicianbrain.com/papers/Schlaug_Music_Child_Brain_NYAS2005.pdf)

in any previously existing compilations of children's music. The pictures in the book also encourage and inspire your child to move as they pick up the mood of the music and learn to clap or tap to the notation they're learning from the pictures.

- Somewhat surprisingly, scientific studies link better rhythmic skills to better thinking abilities. In the increasingly complex world, what could be more important than maximizing your child's thinking capacity? With early rhythmic learning, your child has a real advantage in whatever (s)he chooses to do in his/her life.

*“In beat activities, children experience the rhythms of the words or songs while patting, tapping, or walking to the steady beat, thus matching their pats or steps one to one with the beat. Children become accurate with steady beat after many such experiences. According to movement and music educator Phyllis Weikart, steady beat activities are an important way for children to form cognitive-motor links, connections between children's thinking and their physical abilities.”*

*- Sawyers and Hutson-Brandhagen, 2004.<sup>4</sup>*

*“Professor Frederik Ullén, from the Karolinska Institutet in Stockholm, concluded that there was a link between intelligence, good timing and the part of the brain used for problem-solving and states: ‘The rhythmic accuracy in brain activity that is observed when a person maintains a steady beat is also important to the problem-solving capacities measured with the intelligence tests.’”*

*- The Daily Telegraph, 2008.<sup>5</sup>*

### **Important tips to remember:**

- Ultimately, there is no right or wrong way of using Moosicology. It is a “fool-proof” educational tool that works according to your child's individual learning pace. Leading educational experts from Maria Montessori onwards have stated that children learn best when they are allowed to explore the world according to their varying interests. Now, for the first time, Moosicology makes it possible to

<sup>4</sup>Karen Sawyers and Janet Hutson-Brandhagen (High/Scope Movement and Music Division). **Music and Math: How Do We Make the Connection for Preschoolers?**

Available at: <http://educationthroughmovement.highscope.org/wp-content/uploads/2011/12/Math-Music1.pdf>

<sup>5</sup>Gary Cleland (The Daily Telegraph, 17th April 2008). **Drummers are Natural Intellectuals**. Available at: <http://www.telegraph.co.uk/news/uknews/1895839/Drummers-are-natural-intellectuals.html>

learn real music skills at your child's own pace and in a way that suits even the busiest family schedule. We've done all the hard work to empower your child to learn through fun.

- No 'hot-housing' or 'pushy parenting' is required for your child to gain the benefits of music learning. Scientific studies show that just 30-40 minutes of music study per week results in full spectrum enhancement of brain development and learning skills if the child is under the age of 8. As Moosicology is scientifically designed to benefit your child's development and as all leading childhood experts recognize the value of free play, we've made Moosicology so effective and engaging a learning tool that your child does not need any forcing and they still have plenty of time for free play, another crucial component of child development.

- Musical skills are wide and varied. It is not advisable to compare your child to any other child. Some children may naturally be more advanced at rhythm and others naturally better at singing in tune. Scientific studies have shown that whatever the starting point of ability, musical expertise comes more from practice than any 'natural ability'. This is because, as previously stated, we all are born with natural musical ability and after that, it's largely a matter of practice.

- There is a widespread misconception that musical talent is something that 'you either have or you don't', although all scientific evidence shows the contrary. One of the leading experts in early music learning, Graham Welch from the University of London, discusses this in detail in the book "The Misunderstanding of Music". It is scientifically proven that even newborn babies have a basic music learning capacity. All babies learn to walk and talk, and they will learn music too when given the chance. The misinformed myth that only some people are musical is stopping some parents from giving their children the tools to learn music. Thankfully, you have made a wiser decision already through this purchase!

- However, to learn music, your child needs to be exposed to the learning tools. And no, listening to music, classical or otherwise, does not make your child smarter – only the learning of music does. Moosicology's songs are tailor-made to teach real music skills and children are proven to learn up to 200% better through songs than traditional learning methods.

- Remember, all music education experts consider early musical experimentation a crucial part in music development. Just like you encourage your baby or toddler to babble, it is important not to put your child down when (s)he is trying to hum melodies or clap rhythms – they do not have to get it right first time! Just like learning to talk requires years of practice, so does music. If children were told to be quiet when they cannot yet speak perfectly, they would never learn, or at least not as quickly and effectively. The same applies to music.

Letting your child experiment with different songs and rhythms as and when (s)he wants and you're giving your child the gift of practicing! This does not mean you cannot ever correct them, but this is most beneficial when done gently, just like when they're learning to speak. The world is filled with people who believe that they 'are not musical' just because a parent, sibling or teacher told them that they weren't, and as a result, they stopped practicing. Everyone is musical when given the chance, and the ages of 0-7 are the optimal years in which to learn not only music, but to gain the full brain benefits that result in the wide range of skills that will benefit your child throughout his/her life.

### **The most effective way to use Moosicology**

The most effective way to use Moosicology depends on your child's age and interests and you and your child are the best judges of this. However, no matter what age your child is, only 30-40 minutes a week of engaging with Moosicology will teach your child music skills that have never before been this easy to gain.

In general, the most effective way of teaching your child any new skill is through fun and encouragement rather than forcing. Your child is naturally wired to learn – children naturally learn to walk and talk, and all small children are endlessly inquisitive, which is why they ask so many questions! We are born into this world with a love of learning, and if a child doesn't enjoy learning, you'll know that it's the fault of the teaching method rather than the child.

The most effective way to use Moosicology is therefore to keep it fun. This motivates your child to learn with his/her natural love of learning and what is fun for your child depends on your child's individual interests.

It is important to let your child lead the way if (s)he shows particular preferences towards certain areas of learning with Moosicology. Your child may spend some weeks or even months interested in just a few songs or teachings of Moosicology in particular, and this is great because inspired repetition is the best way to learn something on a deeper level. Alternatively, your child may want to keep going through all areas of Moosicology quickly over and over again. This is equally good because the skills that Moosicology teaches are the building blocks of all musicality that even professional musicians use and practice in their career on a daily basis.

The important thing to remember is that every child is a unique individual and thus a unique learner. You, as a parent, as opposed to a teacher in a class of 30, are in a great position to allow your child's individual needs to be met. It does not matter which way or in what order your child masters these skills. Through Moosicology, (s)he will learn to master them, whilst having fun all the way through!

## General age-appropriate suggestions

### Babies (aged less than 1 year)

Simply play Moosicology to your baby. All babies love listening to music, and the kind of catchy and imaginative children's songs that Moosicology provides are especially engaging for babies to listen to. Unlike other music compilations, Moosicology introduces your baby to a wide range of core music concepts. Other children's songs traditionally consist of a limited range of music concepts (the 4/4 beat and the major key) and they do not even teach the child these concepts. Edwin E. Gordon, a leading writer in children's music learning, states that to learn even the most common music concepts, the child needs to have other, contrasting concepts to compare it to.

*“Contrary to what might be expected (...), the more opportunities children have to make comparisons between tonalities and meters, the more and the better they will learn.”*

*- Edwin E. Gordon, 2003.<sup>6</sup>*

<sup>6</sup>Edwin E. Gordon. **A Music Learning Theory for Newborn and Young Children**, Revised Edition 2003. GIA Publications, Inc., Chicago.

So when you put the Moosicology CDs on, your baby learns just by listening to the tailor-made compilation of contrasting concepts. In addition it's also fun to listen to, as this kind of innocent and inspiring children's music is suitable even for newborn babies.

Babies love colourful pictures, which is why the learning aids in the book work perfectly for engaging your baby. You can look at the pictures together, point out the different characters and do simple counting. Singing is also beneficial to your baby's development, so why not sing along to the Moosicology tracks?

The wide range of activation tracks offers you a perfect opportunity to play fun musical games with your baby. For specific ideas, please see the lesson-by-lesson suggestions listed in this book.

### Toddlers and Preschoolers (aged 1-4 years)

A child aged 1-4 years is within the prime age range for learning to vocalise – to speak and to sing. Even though children generally learn to sing in tune no earlier than the age of 5-7 years, it is only through years of practice, just like talking. Let your child sing along or simply listen to Moosicology depending on what (s)he wants to do. At times (s)he will want to do either, and both listening and vocalizing are crucial building blocks for music learning.

Rhythmic learning abilities are generally present at an earlier age than singing in tune and the activation tracks are perfect for encouraging your child to clap and move to the music while learning a variety of core rhythmic skills. Rhythm skills are proven to enhance not only the mathematical abilities of children, but are also correlated with general intelligence and problem-solving. Moosicology's songs and activation tracks are tailor-made to teach your child valuable rhythm skills the fun way.

The Moosicology book with its colourful learning aids is great for your toddler or preschooler to look at whilst listening to the tracks. It is a great way to engage your child in an all-round developmentally beneficial and safe way. Previous generations of children would often look at storybooks while listening to audiotapes or even music, and develop their core learning and concentration abilities at the same time. Recent technological advancements can actually harm a child's development: toddlers who only watch videos and play computer games are suspected to develop very short attention spans which can lead to problems in school and subsequently their working life. It's wise not to rely solely on new technological tools, to use them only with moderation and to offer your child the safe, stimulating learning tools of books and music as their main option, as well as free imaginative play.

A toddler can already pick up basic notation skills from the pictures of Moosicology. The colourful pictures help your toddler engage with Moosicology in an extremely educational yet fully enjoyable way. You can join in with your child and support his/her development by trying out the lesson-by-lesson suggestions listed in this book. Moosicology can be a wonderful bonding experience, and if you don't have a music background, you'll soon find yourself understanding music theory like never before!

### Schoolchildren (aged 4-7)

At this age, your child is, depending on the culture, considered ready for formal learning. In the UK, children start school at the age of 4. However, education experts state that even formal learning is most effective when it happens at your child's own pace and according to your child's interests. Therefore Moosicology, just like any subject, is likely to work more effectively when you do not put learning pressure on your child but instead motivate your child through what interests him/her.

Children who start school can be overwhelmed with formal assignments and many parents remark that their children become unprecedentedly tired after long school days. Therefore, the best time to use Moosicology with your school child may be over the weekend or in small 10-15 minute segments in the morning, listening to the tracks before the school day begins. Scientific studies show that children and adults alike perform better in any kind of mental work after listening to music they like, so a short and fun-based morning listening session may well give your child school success for the day!

As your child learns to read, (s)he can listen to the stories, song lyrics and activation tracks on the CDs whilst following the text in the book. In this way, you can kill two birds with one stone and improve your child's reading skills through not only the study of music but an enjoyable reading practise.

A typical school day takes place when sitting still and learning from the neck up. However, as stated earlier, rhythm and motor skills are shown to improve general intelligence, so it may be worth encouraging your child to join along with the songs and activation tracks to practice his/her core rhythmic skills.

We at Moosicology believe that state schools should take heed of the scientific evidence that music study improves all of the core skills much more effectively than the study of those core skills by themselves. There's enough evidence to suggest that music learning should be made a central part of school life – the 'core skill of the core skills'.

However, school reforms can take a long time (even though the most successful state and private schools already have the study of music in a central role). Therefore, if you have the chance, you may consider funding some kind of instrument lessons for your child. Simply 30 minutes a week of the study of any instrument and any genre of music results in massive brain benefits. It does not have to be classical violin if your child would rather play rock'n'roll drums! Moosicology helps develop the core skills of music that make it easier for your child to learn any instrument. In addition, Moosicology is a great way of motivating your child for instrument study in which the starting-out phase, due to the learning curve, demands a considerable amount of patience.

## **In which order should my child listen to Moosicology?**

Moosicology's tracks are ordered according to our pioneering Four-Front Method so that you can simply press the play button and allow your child to learn through these enjoyable lessons. Moosicology consists of 16 mini-lessons which are detailed in this guide on a lesson-by-lesson basis. Each of the lessons teaches valuable core musical concepts in this order:

1. The first track dramatizes the musical concepts and introduces them to your child through a short story and sample sound.
2. The second track demonstrates the musical concepts, so your child gets to hear them in the context of real music, in the form of a specifically composed children's song.
3. The activation track defines the musical concepts in a simple way that explains them clearly and also shows your child how (s)he can join in and practice the concepts.
4. The final track is another song, this time a quality jingle that describes the concept to your child in the form of an enjoyable children's song, once again specifically composed to demonstrate the concept in a real musical setting.

Alongside the Four-Front Method, the illustrations of the Moosicology book are valuable learning aids disguised as child-appealing pictures. The book is a great tool to enhance your child's learning, but it is not necessary to look at the book while listening to the music.

Each Moosicology CD works on its own in situations such as a car journey. When needed, your child can look at the book and thus enhance his/her learning, but this does not have to happen at the same time but instead on the terms of your child's interests and your family's schedule. Similarly, you can look at the book without simultaneously listening to the CD. The multisensory method does not mean you have to do all three methods of learning (visual, auditory and kinesthetic) simultaneously! It simply means that your child is given the tools to learn through all three methods, but they don't have to take place at the same time.

If you want to make playlists out of Moosicology, you can create one from the songs and maybe add the short activation tracks in between. We have kept the activation tracks short so that they can be used even when you and your child simply want to listen to the music. At other times, you may want to read the stories to your child from the Moosicology book, which gives you a proper chance to investigate each concept through the explanations and the pictures. If your child wants to hear a particular song 10 times in a row, then this is fine too! It is better to go along with your child's strong preference than to try and force him/her to move on to another track just for the sake of formal learning and risk tears and tantrums! Your child will eventually want to hear all the other tracks too. Music learning should be a fun experience and Moosicology adjusts to your child's individual needs.

## **The lesson-by-lesson guide to Moosicology**

Moosicology is designed to teach your child the following music lessons that form the core of any genre of musical training – classical, popular or jazz. These lessons are incorporated into the Moosicology book and CDs and your child learns even without parental assistance. However, Moosicology can be a unique bonding opportunity with your child and this can even enhance your child's learning. Below are some tips provided for different age groups on a lesson-by-lesson basis.

### **General tips for the Rhythm Lessons (CD1, lesson numbers 1-9)**

All music starts from rhythm. There can be music without melody and harmony, but there cannot be music without rhythm, as all music is arranged to a fixed tempo: the time signature. The rhythm lessons teach your child essential musical concepts such as notation, time signatures, rhythmic counting, playing various rhythms and common rhythmic variations such as syncopation (notes starting off-beat), backbeat (notes emphasized on the 'weak' beats) and shuffle notes (notes that are divided into three instead of two). The Moosicology Rhythm Lessons give your child core skills in various areas such as mathematics, reading and instrument playing.

## Lesson 1: Introduction to Notes

The notes, introduced in this lesson through different train characters, are the four most common basic notes used in both classical and popular music. In American English, these notes are named in a mathematically precise way that explains their length: Eighth note, Quarter note, Half note and Whole note. In British English, the Eighth note is called a Quaver, a Quarter note is called a Crotchet, a Half note is called a Minim and a Whole note is called a Semibreve.

In Moosicology, we call the shorter notes by their British English names and the longer notes by their American English names, not only because it's a compromise but also because these names are more child-friendly than their counterparts. The corresponding names can be learnt easily if needed but it's the thinking behind the note timings that Moosicology focuses on developing.

### Babies (0-1 years)

With your baby on your lap or lying on a mat, clap your baby's hands according to the different note lengths. When clapping the longer notes (whole note, half note and crotchet), hold your baby's hands together throughout the length of the note, up until the next note starts. For instance, the whole note lasts for all 4 counts, so gently keep the hands together throughout, to teach how long the note really is.

### Toddlers, Preschoolers and Schoolchildren (1-7 years)

Play Racing Trains with your child. Move your hands and feet along to the story, songs and activation track, depending on the length of the note. With the whole note and half note, move slowly with long steps, march with the crotchets and scurry along with the quavers. The activation track explains in a concise way which one is which for those without a musical background.

You can also play Racing Trains by each picking a different 'train' (note value) according to which you march or scurry. You can do this throughout both the songs in this lesson and the songs in lesson 6. This helps your child learn the concept of note value through motion. Learning the concept of note value is likely to help your child understand core mathematical skills, especially fractions.

If your child is a small toddler, you can do a simple and fun musical show. With your toddler sitting and watching, you can play the characters (and thus demonstrate the note values) one by one to your child. You can encourage your child to bounce or clap along to the different note values which they may well do naturally, especially if you set them an example to copy.

## **Lesson 2: Time Signatures**

This lesson teaches the core concept of rhythm, the time signature, through the contrast between the two most common time signatures, 4/4 and 3/4.

The 4/4 time signature (where you count four crotchets to a bar) is represented by four pigs in a pen. The 3/4 time signature (three crotchets to a bar) is represented by three children rocking from side to side, as the 3/4 time is also known as waltz time.

### **Babies (0-1 years)**

You can bounce your baby energetically on your lap to the 4/4 beat, preferably with his/her face facing you (all babies love looking at faces, especially those of their main caregivers). Whenever the song changes to the 3/4 beat, you can rock your baby from side to side, three little bounces to the left, three bounces to the right. This is a great way for your baby to learn through music and movement at the same time. Imitating the pigs oinking to the 4/4 beat can also get a good chuckle out of a baby, and remember, positive emotions enhance learning!

### **Toddlers, Preschoolers and Schoolchildren (1-7 years)**

Clap hands together to the beats, making the first clap (first out of the three beats in 3/4 time and first out of the four beats in the 4/4 time) louder than the other claps. This emphasizes the nature of the different time signatures and helps learning. You can also have fun by playing pigs, oinking along to the 4/4 beat, and rocking along to the 3/4 beat like boats on the sea.

### **Lesson 3: The 4/4 time signature**

This lesson and lessons 4 and 5 further emphasize the learning of the two most common time signatures, focusing on them one by one. The 4/4 time signature is the most common one and you will encounter it in most classical and popular music. Lessons 3 and 4 both focus on the time signature 4/4 from slightly different angles so that learning goes to a deeper level.

#### **Babies (0-1 years)**

Play the songs and the activation track. Look at this lesson's picture on page 11 with your baby and count the 4 characters with your finger over and over again to the music throughout the song. Sing along with the “flap flap flap flap” part of the songs as it directly teaches your child the feel of the 4/4 beat.

You can also bounce your baby along to the music just like you did in lesson 2. This will help your baby understand that the feel of the 4/4 beat can be found in many songs and in fact in most children's songs.

#### **Toddlers, Preschoolers and Schoolchildren (1-7 years)**

Flap along to the “flap flap flap flap” parts of the lesson's songs and activation track. You can also teach your child core music reading skills by following the images in the picture on page 10 with your finger. This is a simple way for your child to start to read music.

### **Lesson 4: The Common Time (The 4/4 Time Signature Improvisation)**

This lesson encourages your child to clap and tap to music using the 4/4 beat as an example. Real musicality comes from feeling the beat and improvising on top of it (for instance by clapping different note length combinations or dancing along) so this lesson is all about having fun with the beat. Marching (or clapping, moving and so forth) to the steady beat like a soldier on each of the 4 beats is just one way of learning the 4/4 time concept – it is important for the development of musicality to let your child feel the groove and improvise!

### Babies (0-1 years)

Stand up, hold your baby and dance to the groove of the music, or sit down and tap gently using your baby's tummy as a drum with the melody of the songs.

### Toddlers, Preschoolers and Schoolchildren (1-7 years)

Clap and sing along to the melodies of the songs. Dance and improvise. You may even want to tap on your tummy drums and other body parts, as they all make different sounds. It sounds silly, but it is actually also a grown-up way of music making called "Body Percussion". Who says you can't learn serious skills by being silly!

You can encourage your child to learn basic drumming skills not only through Body Percussion but also by giving your child old pots and pans to bash – or if you have the sandpit essentials, why not use the plastic buckets and beat them with a spade or two!

### Lesson 5: The 3/4 Time

Lesson 2 taught the concept of the time signature through the 4/4 and 3/4 time signatures. Lesson 5 focuses on the 3/4 time signature through songs that are specifically composed to the 3/4 beat. The 3/4 beat is nearly as common a time signature in both classical and popular music as "common time" so it's essential to learn it!

### Babies (0-1 years)

This lesson works especially well just before your baby's nap time or bedtime. You can rock your baby to the 3/4 beat of the songs and activation track. If you want to keep your baby awake, you may want to sing along with the songs, especially the song "One two three, Like a boat on the sea" in which all the melody directly corresponds to the crotchet beats in the 3/4 time.

### Toddlers, Preschoolers and Schoolchildren (1-7 years)

Teach your child core notation skills by listening to the song "One Two Three" while pointing out the corresponding notes in the picture on page 16. You can also point to the corresponding words, as this teaches reading as well as musical reading.

## Lesson 6: Note Value

Lesson 6 teaches the concept of note value that was also the core of lesson 1. Whereas lesson 1 teaches the different note names and lengths, lesson 6 focuses on teaching the general concept of note value on a more abstract level. This also helps your child grasp the mathematical concept of fractions.

### Babies (0-1 years)

You can sit your baby on your lap (or place your small baby on a mat). Move your baby's legs to the steps of the dinosaur and the elephant that you hear in the songs and the activation track.

The picture on page 21 is great for teaching a baby the idea of notation. Listen to the activation track and follow the images of the characters' legs with your finger.

### Toddlers, Preschoolers and Schoolchildren (1-7 years)

March along to the melody of the song "Who's That Funny Monster". In the song "Hear an Elephant Walk" you can play elephants and dinosaurs based on the different note lengths explained in the lesson's activation track.

This lesson's activation track contains the real-life musical challenge of doing two movements of differing note lengths at the same time! Can you clap like the elephant (on every beat of the song) while you march like the dinosaur (taking long steps only on the first and third beats of the song)? This skill is directly applicable to instruments such as the drums and the piano and is a great brain training method!

Teach your child core music reading skills by playing the track "Who's That Funny Monster" while following the images on pages 18 and 19.

## Lesson 7: Backbeat

This lesson teaches the concept of the backbeat. In it, beats 2 and 4 are emphasized in the 4/4 time instead of beat 1 (and beat 3) as in the previous lessons. Adapting to the backbeat is great training for the brain!

### Babies (0-1 years)

Stand up while holding your baby, kneeling down on the backbeat to the reggae-style song “Backbeat” and the activation track that follows.

The faster song “Clap to the Backbeat” may require too much bouncing for a baby, so you may want to sit down with your baby on your lap and clap his/her hands gently together to the song’s melody which follows the backbeat. The words “Clap, clap, clap, to” and “back, back, back, beat” occur on the actual backbeats of the song so it’s easy to hold the backbeat just by following the general melody.

### Toddlers, Preschoolers and Schoolchildren (1-7 years)

Stand up and kneel down on the backbeats of the song “Backbeat” and the activation track. Clap along to the song “Clap to the Backbeat”.

Teach your child notation skills by pointing to the images in the picture on page 23 while the song “Clap to the Backbeat” is playing.

## Lesson 8: Syncopation

Syncopation may seem like a tricky concept, but it’s one of the core musical concepts for a good reason! It’s not only one of the basic rhythm concepts in classical music but it forms the whole basis of popular music. Generally explained, syncopation means rhythms (for instance in melodies) that start off-beat. The vocal (singing) melodies of the songs “Skipping Cricket” and “Syncopation”, as well as the violin melody of the activation track are massively syncopated, so simply by singing or clapping along to the main melody your child is in effect singing or playing a syncopated rhythm.

### Babies (0-1 years)

P.S. If you enjoy reading science-based parenting tips and articles, you’re warmly welcome to check out our articles, blogs and resources for free at [moosicology.com](http://moosicology.com).

Clap your baby's hands to the main melody of both of the songs in this lesson. Alternatively, you can move your baby's feet to the melody. The melody is rhythmically syncopated so singing or clapping it will stimulate your baby to pay attention and learn the concept of syncopation.

Toddlers, Preschoolers and Schoolchildren (1-7 years)

Sing along to the songs with your child. You can clap along at the same time to the melody (syncopated) or the basic 4/4 beat. This is slightly more challenging if you're singing the contrasting syncopated melody at the same time but we all need challenges to learn!

Teach notation skills to your child by following the notation in the pictures on pages 26 and 27 with your finger rhythmically while the song "Syncopation" is playing.

You can encourage your child to try this musical challenge and also try it yourself! Play the steady 4/4 beat by tapping on your leg (or a table) with your left hand while at the same time playing the rhythm of the song melody with your right hand. You'll notice where the syncopation happens - when the right hand is playing in front of the left hand's steady beat. If you master this, change hands! Another way to undertake this challenge is to tap the ground with your foot to the steady 4/4 beat whilst clapping the songs' melody with your hands. A helpful tip for this challenge is to focus on establishing the steady 4/4 beat first and then start playing the rhythm of the melody as an addition. Singing the melody at the same time may also help.

### **Lesson 9: Shuffle Note**

So far, all the lessons have concerned notes that are divided in halves, quarters and so forth. The shuffle note is divided into three instead of two and the shuffle beat is a beat based on shuffle notes. This is what gives the shuffle beat its groovy feel and it is commonly used in popular music and jazz music. In classical music, the shuffle note appears most commonly in the form of the triplet.

The song "Hear an Elephant Walk" in lesson 6 was composed to the shuffle beat and worked as a gentle introduction to this concept without explicitly paying attention to it. Lesson 9 now explains what the shuffle note is all about.

## Babies (0-1 years)

Groove along to the songs and the activation track with your baby on your lap by bouncing gently from side to side to the feel of the song.

You can also play the action song “The Ant is A-Walking” by doing all the motions described in the song and in the picture on page 28.

## Toddlers, Preschoolers and Schoolchildren (1-7 years)

Look at the pictures on the pages 30 and 31 together while listening to the activation track and the following track, the song “What’s a Shuffle Note?”. You’ll notice that the shuffle note is essentially a sped-up version of the  $\frac{3}{4}$  beat. However, it has its own feel, and both of the songs in lesson 9 are in  $\frac{4}{4}$  time. If you just count the beats, it seems like  $\frac{4}{4}$  time, but using the lesson 9 material, you’ll notice that each individual beat is divided into three instead of two (as shown on the page 30).

Stand up and dance along to the songs and the activation track so you and your child can feel the shuffle beat with your whole body.

You can do Body Percussion together by tapping along to the beat divisions with your hands. One good way is to tap the first two beat divisions with your right hand and the third beat division with your left hand (please note that this happens quite quickly). This teaches your child core instrument skills for playing the shuffle beat.

## The Melody & Harmony Lessons (CD2, lesson numbers 10-16)

### Lesson 10: The Minor Scale

Scales contain the framework for all classical and popular music. This lesson teaches the basic minor scale, known in music theory as the Natural Minor. The story, songs and activation track in lesson 10 teach what the minor scale sounds like. The beginning melody of “Rain is Marching” is the same as the notes of the minor scale going up and down, and the complete vocal melody of the song “Minor Scale Sounds a Little Bit Sad” consists of the exact minor scale notes, with variations only in rhythm.

### Babies (0-1 years)

Sing along to the songs of this lesson to your baby. Remember, babies love hearing their parents singing to them, and the vocal melodies of these songs teach the minor scale notes in a fun and easy way.

### Toddlers, Preschoolers and Schoolchildren (1-7 years)

Sing along together to the songs of this lesson with your child and learn the notes of the minor scale. Teach core music reading skills by following the raindrop images in the picture on page 35 with your finger whilst singing along.

## Lesson 11: The Major Scale

This lesson teaches the major scale, the most common scale in both classical and popular music. As with the previous lesson, your child learns what this scale sounds like through the specifically composed songs in which the melody consists of the movement all the way up and down the major scale.

### Babies (0-1 years)

Sing along to your baby with the songs playing. Enjoy looking at the colourful pictures of lessons 10 and 11 and compare what you see and how it relates to the music.

### Toddlers, Preschoolers and Schoolchildren (1-7 years)

Teach your child core music reading skills by following the yellow smiling clouds with your finger whilst listening to the songs of this lesson. Sing along at the same time to encourage your child to sing along and maximize multisensory learning.

## Lesson 12: Major Key and Minor Key

This lesson teaches the contrasts between a major key and a minor key. 99% of classical and popular music is based on either the major or minor key. The tracks of this lesson teach your child through contrast how to recognize them both.

### Babies (0-1 years)

Move your baby gently in your arms and imitate the changing moods of the songs with your movements. For instance, you can bounce your baby in the “Yeehaa” parts of the song “Yeehaa”, and move your baby more gently in the “Boohoo” parts of the song and the activation track.

## Toddlers, Preschoolers and Schoolchildren (1-7 years)

Dance along to the songs and the activation track, acting the different moods of the major and minor keys. You can bounce energetically during the major key sections and pretend to cry during the minor key sections. Get additional role play ideas from the picture on page 38.

### **Lesson 13: Melody, Harmony and Chord**

This lesson teaches the differences between melody, two-note harmony and a chord. Melody consists of one musical note playing at a time, and a two-note harmony consists of two simultaneously playing notes. A chord is built from three notes or more. The majority of chords in both classical and popular music are built from three notes only, which is why this lesson says “Three notes is all you need to build a chord”. The concept of extended chords (chords consisting of four notes or more) are explored in lesson 15.

## Babies (0-1 years)

Play the story and the song “Melody, Harmony and Chord”. Hold your baby’s thumb gently when the “Melody” part is playing, showing your baby his/her own thumb and moving or pressing it slightly and gently to the music. In the “Harmony” part, hold your baby’s index finger as well as the thumb. In the “Chord” part, hold your baby’s thumb, index finger and middle finger all at once. Show your baby the colourful illustrations in this lesson. Count the birds on page 41 while the song “Melody, Harmony and Chord” is playing, and point out the floor, walls and the roof in the picture on page 42 while the song “Three Notes to Build a Chord” is playing.

## Toddlers, Preschoolers and Schoolchildren (1-7 years)

Hold your thumbs up when the “Melody” part of the story and song “Melody, Harmony and Chord” is playing. In the “Harmony” part, hold your thumbs and index fingers up. In the “Chord” part, hold up your thumbs as well as the index and middle fingers. Look at pages 40 and 41 for the visual learning. Look at pages 40 and 42 to see how a chord is built.



## Lesson 14: Circle of Fifths

The Circle of Fifths is a part of the magically mathematical side of music. It shows how all the keys follow each other in order, five steps apart. You can count Ballerina Bear's steps from one key to another on page 46 and listen to the five steps at a time in the story track, activation track and the songs, both of which are composed of chords that follow each other in the same order as the circle of fifths.

### Babies (0-1 years)

Count your baby's five fingers by gently tapping each finger according to the bass (lowest note) movements in the story track and the activation track. In selected parts of the songs you can also hear it very clearly and count along.

### Toddlers, Preschoolers and Schoolchildren (1-7 years)

Count with your fingers along to the bass (lowest note) movements in the story track, activation track and songs. Then stand up, play the tracks again and take five steps each time you hear the "bear" move.

Count the bear's five steps from one key to another on page 46. Note: each first step is the last step of the previous five-step segment.

## Lesson 15: Extended Chords

Extended chords are chords that are made from more than the three core notes. They have four or more notes. Extended chords feature regularly in classical and popular music and they are an absolutely essential component of jazz music. Lesson 13 taught your child that it only takes three notes to build a chord. This lesson teaches that there's more to music than that; the three core note chords are the basis of a chord structure, but there are other notes you can add, like adding flavour to a basic dish.

### Babies (0-1 years)

Dance with your baby in your arms to the song "If You Cross the Ocean" and relax along to the song/listening exercise "Glittering Colours".



## Toddlers, Preschoolers and Schoolchildren (1-7 years)

Dance together to the jazzy feel of the song “If You Cross the Ocean”. All the chords in this song are extended chords. Look at the picture on page 50 to see the differences between these chords and the normal three-note chords. This also teaches music reading skills.

### **Lesson 16: Slow and Fast Music**

This lesson touches upon the concept of tempo. It’s a good lesson to relax to any time you have listened to CD2 all in one go.

## Babies (0-1 years)

This lesson is great to be played before nap time or bedtime. Cuddle your baby or massage him/her gently to the music.

If it’s your baby’s time to be awake, you can look at the pictures together and point at what you see. Talking to your baby about the contrasting images on the page 54 is especially educational.

## Toddlers, Preschoolers and Schoolchildren (1-7 years)

You can lie down together and relax to this lesson. Relaxation is good for you and it helps learning!

Fantastic – you have got this far! We wish you all the best of luck on your family’s musical journey. If you have any questions or comments, please don’t hesitate to contact us at [info@moosicology.com](mailto:info@moosicology.com).



Moosicology teaches your child real music skills through specifically designed songs, stories and colourful pictures.

The Grown-Up's Guide to Moosicology is a treasure chest of ideas on how you can bond with your child through the learning of music. The Guide also tells you how to best support your child's individual development.

Moosicology adjusts to your family's lifestyle and your child can use it with or without parental assistance - the choice is yours!