

# HOW MUSIC BENEFITS BRAIN DEVELOPMENT



**Memory:** Research shows that music stimulates different patterns of brain development that is tied to our memory. Music also gives meaning and significance to things that we might not otherwise be able to memorize, such as long blocks of text or math skills.

**Language:** Just as babies benefit from conversation, music is even better! Not only does it broaden their vocabulary, music has been shown to help in babies differentiate between different auditory nuances and sounds.

**Emotional Intelligence:** Have you ever heard a song and instantly transport back in time to the first moment you heard it? Music is strongly tied to emotion in our brains and can encourage children to be more in tune with their own feelings, even at a young age.

**Fosters Creativity:** Music has the ability to grow our imagination, the same as any art form. Studies have shown that children who listen to music and engage in singing activities as babies and toddlers, go on to have higher creative instincts as older children and adults.

**Academic Intelligence:** Not only is music a good way to teach rote memorization (like multiplication tables and naming the presidents), research also shows that it stimulates the areas of the brain related to mathematics and reading.