



## Mirroring your child's music

Below are some suggestions of musical activities to do at home with your children. If you don't have many small percussion/children's instruments at home, you could get creative with pots, pans and wooden spoons from the kitchen! Alternatively - try making some musical instruments using what you have in the home e.g. empty plastic bottles filled with dry rice or lentils make great shakers!



- 1) **Copy the sound:** When your child is playing an instrument or vocalising, you can copy exactly how they sound and what gestures they make. Your child will be engaged by your acute attention to his/her sounds and movements. This can be done with simple percussion, such as shakers or bells. This play will improve the child's self-awareness and relationship with you.
- 2) **'Mirroring' in a group:** This can also be done in a family group. The leader is the child whose sounds are copied by the rest of the group. The group starts and stops with the leader. You can swap who the leader is. Try and copy volume, rhythm, emotional expression and gestures as well. You can try it using the same instruments or all different ones. You can vary it to change the rules so the leader plays when everyone stops - this creates a 'call and response' style of musical interaction.
- 3) **Using rhythm:** try tapping out each other's names in a 'call and response' style repeating each name as in a chant.

## **Developing communication and family relationships:**

*Parents attune to their babies using their voices – they do this without thinking, copying the child's vocal sounds. This gives your child a mirror in the world so that they feel heard and understood. This can be replicated at later stages or times of stress to help secure positive attachments between parents and children and to improve communication.*