Music & Children’s Brain Development

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Media & Children
How Music Affects Children’s Brains

• Music accelerates the brain development in children through the scientific process of “auditory evoked potentials”

• This process corresponds with how the brain recognizes and deciphers certain communication and in this case, the exposure to music
“Listening to music triggers the brain’s nucleus accumbens, responsible for releasing the feel-good neurochemical dopamine, which is an integral part of the pleasure-reward and motivational systems and plays a critical role in learning” (Hampton, 2016)

* Music therapy can improve health outcomes in a wide variety of populations, from premature infants and children with autism, ADHD or developmental and learning disabilities
Music & Children’s Brain Video

* [https://www.youtube.com/watch?v=gsAoye-DnzA](https://www.youtube.com/watch?v=gsAoye-DnzA)
The more often children are exposed to music from a young age, the more likely they are to appreciate it and have an increased capacity for overall growth and learning abilities.

Active engagement with music such as taking music lessons (instrumental or voice) confers a positive impact on intelligence and cognitive functions. This includes increased ability to sustain attention, working memory, recognizing speech in noise, and social development skills.
Listening to Music vs. Playing an Instrument

* Children that listen to classical music improves their spatial reasoning, only for a limited period of time
* Listening to music can improve a babies/toddlers ability to distinguish patterns in sounds and connect simple phrases
* Aids children who have ADHD/autism by stimulating the brain through stimulating both hemispheres of the brain, relaxing children

* Playing an instrument and understanding music has long term effects on the way children’s cognitive thinking
* Learning how to play any instrument can significantly improve children’s reasoning and motor skills
* Children can comprehend mathematics like elementary algebra skills better than children who didn’t play an instrument
Playing Music > Listening to Music

* https://www.youtube.com/watch?v=RoJKCYZ8hng
Class Discussion

1.) What kind of music did you listen to growing up?
   - Do you still listen to this genre of music today, and how has it affected you?

2.) Do you believe it's important for children to have music education classes and exposure to music in school?

3.) If you’ve played an instrument, how has being a musician changed the way you take on daily tasks?
References