



Buffalo Hearing & Speech Center
LISTEN, LEARN, COMMUNICATE

Dear Parent(s)/Caregiver,

Hello! My name is Jenna Snellings and I am your child's music therapist at Buffalo Hearing and Speech Center. Since school will be closed over the next several weeks, I thought that sending home some musical ideas might help bring some fun to your home while also working on some of those important developmental skills that we work on in school. Studies have shown that music can help aid in developing a number of skills in a motivating and engaging way. Music is not only fun and enjoyable for children, but it also allows them to work on a variety of skills simultaneously, including:

- Cognition and attention to task
- Gross and fine motor skills, including sensory processing
- Appropriate social skills, turn-taking, and play skills
- Communication- expressive and receptive language
- Social-Emotional Expression, including regulation and engagement, and affective development

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I have put together a list of many of the songs and activities that I use in my sessions every day. Many of them have great videos that are fun and interactive and can be found on Youtube.

Songs that encourage movement/imitation of actions and following directions:

- Head, Shoulder, Knees, and Toes
- If You're Happy and You Know It
- "Driving in my Car" by Ralph's World
- Going to the Zoo by Raffi
- Songs by Laurie Berkner (Laurie Berkner YouTube page), especially "We are the Dinosaurs" and "I Know a Chicken"
- Songs by Hap Palmer (Hap Palmer YouTube page), especially "Turning, Hopping, Marching"
- "Shake Your Sillies Out" by Raffi
- Songs by Greg and Steve (Greg and Steve YouTube page), especially the "Freeze Song" to practice starting/stopping movements to the music
- "Animal Action" by Kids in Motion (Kids in Motion YouTube page)

Songs that encourage Academic Learning and Life Skills:

- Chicka Chicka Boom Boom
- Jack Hartmann Kids Music Channel on YouTube, especially "Spell our Color Words," "Let's Learn about the Alphabet" for individual letters, and counting songs
- SuperSimple songs YouTube page
- The Singing Walrus YouTube page: includes greeting songs, days of the week, etc.
- Miss Molly YouTube page: includes feelings songs, counting, opposites

- StoryBots YouTube page
- Kiboomers YouTube page

Songs that encourage Communication:

- Pete the Cat books: I Love my White Shoes, Groovy Buttons. Can be found on YouTube
- Groovy Joe books: Disco Party, Ice Cream and Dinosaurs. Can be found on YouTube
- Barefoot Books YouTube page. Popular books include: Animal Bookie, Walking Through the Jungle, Journey Home from Grandpa's, Driving my Tractor
- Familiar children's melodies such as "Twinkle, Twinkle, Little Star," "Old MacDonald," "Baby Shark." Leave pauses in the song to see if you child can fill in the words!
- Eric Carle books. Sing Brown Bear, Brown Bear, What Do you See? or Polar Bear, Polar Bear, What Do you Hear? to the tune of "Twinkle, Twinkle, Little Star"
- Music Together. Can be found on YouTube or music streaming services such as Spotify. Popular songs include, "Hello Everybody," "Driving in the Car," "Biddy Biddy." They also have great stories paired with music such as "One Little Owl"
- Music with Mar- Youtube

Making your own instruments can also be a fun way to bond with your child!

Here are a few great websites for making homemade instruments:

<https://www.learningliftoff.com/make-homemade-music-with-these-6-diy-instruments/>

<https://redtri.com/homemade-instruments/slide/1>

<https://artsycraftsymom.com/diy-musical-instruments-for-kids-to-make-and-play/>

I hope that these resources help you in the upcoming weeks and that you can share some wonderful experiences with your child. I look forward to seeing your child again in a few weeks and we can pick up where we left off. Please feel free to contact me if you have any questions or need some additional ideas. Remember, we are all in this together and we will get through this. Happy music making!

Jenna Snellings, MM, LCAT, MT-BC | Licensed Music Therapist
Buffalo Hearing & Speech Center
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Dr. Clive Robbins (Nordoff-Robbins Music Therapy Clinic):

“Almost all children respond to music. Music is an open-sesame, and if you use it carefully and appropriately, you can reach into that child’s potential for development.”