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## Announcements

Welcome to Levine First Music! Whether you are a new or returning family, we are excited to be a part of your child's musical journey. Please make sure to check out our new parent portal where you can find song recordings, information about our teachers, and more!

- Please make sure to join our "Levine First Music" Facebook Group.
- Every month will have a Facebook Live event featuring two of our faculty members. This month's event features Ms. Sophia and Ms. Caitlin on Saturday, **October 17th at 10 am**. The theme will be "Spooky Songs."
- Virtual Tip of the Month- If you ever have trouble logging onto Zoom, try checking for any new Zoom updates. Many times Zoom updates without notifying users.

We hope you are enjoying the classes so far! If you have questions, please don't hesitate to contact us in the office.

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## Happy Birthday!

**Zoe: October 11th**

**Favorite color:** Pink

**Favorite book:** *Pokey Little Puppy*

**Favorite food:** Strawberry Ice Cream

**Favorite instrument:** Piano



## Steal a Moment for Music

I think we all can agree that the past couple of months have been a challenge. Covid changed our lives dramatically. We've crossed two seasons and we are just now beginning to learn how to live with this crisis. During this time, we've all experienced cancellations and closings as well as threats to our jobs. We've lost our social lives, and some of us, loved ones, all while having to pivot to being home more and distancing constantly in public. Fatigue, anyone? I never thought I'd use the word pandemic or Zoom this much in my lifetime.

In the middle of all of this, we have our children, their well-being and their education. While we are dealing with in person or virtual school days, logins, passwords, mountains of instructions, where do the arts fit in? The benefits of music in child development have been shown in studies time and time again. Brain growth, language skills, memory/attention/concentration, increased coordination, math skills are among its touted benefits. All of these benefits are developed during early childhood music classes (even through Zoom!), but I think the most important part of all is sharing the joy of music, the social aspect of music. Music gives children (and adults alike) a way to express themselves, to unleash their creativity, to be inspired and uplifted, to relax and to relieve stress and tension. Music makes the heart sing!

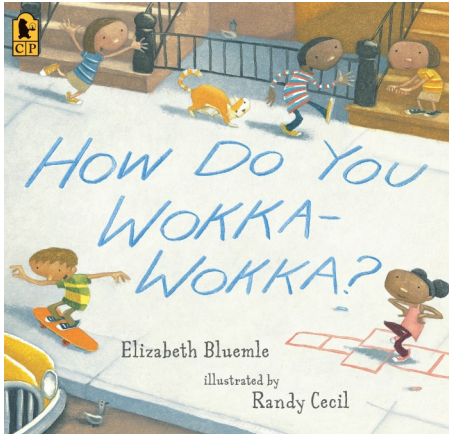
It is important to make sure children have specific classes that are catered to them and their specific needs in their age group, which Levine Music/First Music does incredibly well. It is also important to incorporate music daily, especially now. With our busy schedules and growing home to-do lists, we can add music as a "to-do" for our children. Approaching music as a release and re-energizing tool can be beneficial for everyone in the family, not just the kids! So turn on the old 90s songs while cooking (not watch the news or listen to The Daily), or spend a moment listening to your environment while walking, and talking about how the birds sing, or imagining what size the dog would have to be based on the barking sound they make (is it high/low?) or just having a good old dance party.

Music has been one of the great constants of human civilizations for millennia, and it's because it is a way for us to feel connected, to each other, to cultures, to our world. We all can agree we never thought we'd have days like we are having, but don't forget that there is a world out there, in sound, that can restore us, transport us, uplift us and energize us to take on the stresses of today. So take a moment, pick one of your favorite albums, and spend a moment with your family, and lose yourself in the beauty of sound.

**-Sophia Kim Cook**



## Great Books with Musical Hooks



How Do You Wokka-Wokka? by Elizabeth Bluemle

This book highlights rhythm, rhyme, and musicality in language. Warning, not a bedtime story:)

## Digital Source of the Month

Sound Impact's "Time Travel through Music"  
10 educational videos designed for family viewing.

<https://www.soundimpact.org/>

