

Lesson 1

READ THIS STORY #1, Advanced

Music

Research has shown that encouraging your children to sing, and playing rhythmic games with them, helps their brains develop more quickly.

It's easier for many people to learn new information if it is turned into lyrics and sung to a catchy tune. In fact, you probably learned the alphabet by singing it with the melody of "Twinkle, Twinkle, Little Star."

Some people think that listening to classical music increases their intelligence, improves their health, calms their emotions, and expands their creativity. A book was recently written promoting the idea that the music of Mozart will enhance your quality of life because Mozart's music is clear and well-organized. There is a mathematical pattern to the rhythm of his music. It's not dramatic or emotional. It's not designed to transport us to the point where our blood pressure rises or our muscles become tense. That's why it's possible to drift off to sleep while listening to Mozart. Although Mozart's music may have a health benefit, most people would not want to listen to it all the time.

Will listening to classical music make your child more intelligent? Authorities disagree, but most feel it can't hurt, and it may even help a bit. So the next time your children have trouble falling asleep, encourage them to listen to Mozart.