

# Music Play at Home - Video Library



A Sing&Grow video library subscription offers families full access to a library of online session videos, arts & crafts and more! Each session has its own unique theme filled with awesome songs, playful movement activities and activities to try at home. Activities are suitable for children from birth to 5 years.

## Watching Together



You can log into the video library on any smart device.

Each video is designed to be watched together.

You may like to download the PDF companion booklet, so you have the lyrics and actions on hand as you watch the session.

## Things to Try

Children LOVE to hear your voice no matter how you think it sounds! Learn one of the lullabies from your favourite session and sing it with your little one every night before bed. Lullabies work in person, over the phone or through video calls.

Use the session themes and activities as conversation starters.



## Music and Child Development

Singing and musical play helps a child to achieve their developmental milestones. It also helps build positive memories and relationships.

Music helps capture children's attention and can make nightly phone calls meaningful and fun! Children love to hear your voice and watch your face as you sing. Babies may show their interest by becoming still and gazing at you. Older children may like to sing along.

