

### Parenting

#### **Mothers as home DJs: Recorded music and young children's well-being during the COVID-19 pandemic**

Mothers with young children were provided with playlists of songs, including from the Music Together Family Favorites collections, to listen to during the pandemic. Families were provided with education about using music listening during the day in strategic ways. Mothers reported positive benefits of listening to music in the home. These benefits included increased concentration during seated tasks, safe expenditure of energy leading to better naps, decreased distress, and increased happiness. [Read more.](#)

#### **Reducing relative food reinforcement in infants by an enriched music experience**

This randomized controlled pilot study was undertaken to ascertain the effects Music Together has on infants' relative food reinforcement, which is related to obesity in preschoolers. Infants who participated in the Music Together program showed reduced food reinforcement. [Read more.](#)

#### **Fetal alcohol spectrum disorders and challenges faced by caregivers: Clinicians' perspectives**

The SEEDS-IT (Strategies for Enhancing Early Developmental Success – Infants and Toddlers) Program was a federally funded (NIAAA) prevention and early intervention program for children with prenatal alcohol exposure between the ages of 1-24 months and their foster parents, adoptive parents, and caregivers. Music Together was one element of this program to support children's emotional and behavioral regulation and to promote positive parent-child relationships. [Read more.](#)

#### **Pilot assessment of the effect of Music Together on parent/caregiver involvement**

This pilot study includes an assessment of the impact of Music Together on several dimensions of parent/caregivers involvement and engagement with their pre-school aged children specific to the following areas: parental awareness, knowledge and behaviors regarding young children's learning, school-preparedness, and parental self-efficacy. Parents who participated in Music Together with their children reported higher gains in parental self-efficacy, awareness and knowledge of school-preparedness, and the positive use and value of music in the development of young children compared to the non-music control. Email [research@musictogether.com](mailto:research@musictogether.com) for more info.

#### **The Music Together adolescent parent program**

This project by the Goshen College Center for Intercultural Teaching and Learning investigated the impact of Music Together family classes on the parenting confidence and efficacy, empathy and emotional connectedness between adolescent parents and their infant children. Improvements were noted in parenting confidence, parent mental health and coping, and attachment. The results of this project suggest that Music Together classes may positively influence parents' attitudes and

beliefs about parenting and their child's social-emotional development. Email [research@musictogether.com](mailto:research@musictogether.com) for more info.

### **Language Development**

#### **The impact of a community-based music program during infancy on the quality of parent-child language interactions**

A secondary analysis of data from a study of 89 parent-child dyads randomly assigned to Music Together (experimental condition) or play date (control) found that participants in Music Together had significantly greater increase in measures of conversational turns and quality of parent verbalization. These benefits persisted at 6 month and 12 months after the intervention ended. The study suggests that a community-based music program such as Music Together can have a positive impact on the quality of parent-child language interactions. [Read more.](#)

#### **Music enrichment programs may promote early language development by enhancing parent responsiveness: A narrative review**

This review identifies characteristics of music enrichment programs, including Music Together, that promote early language development. The authors propose a conceptual model that describes the association between early childhood music enrichment, parent responsiveness, and language development in infancy. [Read more.](#)

### **Social-Emotional Development & School-Preparedness**

#### **The impact of a music enrichment program during infancy and early toddlerhood on effortful control at age 3: A preliminary investigation**

This two-year study consisted of thirty-two parent-child dyads randomly assigned to either a Music Together group or play date control. Effortful control, an executive function skill, was measured using three different tasks: snack delay (resisting the urge to take the snack), latency to peek (resisting the urge to peek at a gift), and latency to touch (resisting the urge to touch a gift). Children who received Music Together for two years exhibited greater ability to resist the snack (greater effortful control) than their peers assigned to the play date condition. There was no significant difference between groups with regard to effortful control skills in the presence of gifts. This study suggests that a music enrichment program such as Music Together that focuses on emotional reactivity in infancy may bolster skills related to emotion regulation such as effortful control. [Read more.](#)

#### **Associations between musical participation and young children's prosocial behaviors**

To better understand the relationships between music education and prosociality in early childhood, and to explore the potential role of music as a tool for developing socio-emotional skills in children, researchers studied the effects of music education (in the form of participation in Music Together classes) on helping, sharing, and comforting behaviors in children between the ages of 3 and 4. Instrumental sharing was positively correlated with time spent in the music education program. [Read more.](#)

***Marvelous Music!*: A program for preschool classrooms in Kalamazoo County, MI**

This project examined the impact of *Marvelous Music!*, a program designed to build and strengthen children’s musical aptitude and kindergarten readiness. *Marvelous Music!* is a collaboration between Kalamazoo Symphony Orchestra and Crescendo Academic of Music. Music Together classes are an integral part of the program and have been shown to have a positive impact on children’s social-emotional skill development, motor and pre-reading skills, music competence, and overall kindergarten readiness. Email [research@musictogether.com](mailto:research@musictogether.com) for more information.

**The effects of *Total Learning* on kindergartners’ and preschoolers’ academic performance and school readiness in Bridgeport, CT**

Music Together classes were an integral part of a large-scale, federally- and state-funded project designed to bridge the learning gap for at-risk children in preschool classrooms. Results (2008) affirmed that preschool classes who used the Music Together program showed statistically significant gains on the Cognitive Change, Language, and Physical Development domains of the Head Start Creative Curriculum Assessment. A new phase of the study began in 2014, exploring Music Together’s impact on family engagement. Pilot results showed participation in Music Together increased parents’ self-efficacy, awareness and knowledge of school preparedness, and the positive use and value of music in young children’s learning. Email [research@musictogether.com](mailto:research@musictogether.com) for more information.