Music Therapy Strategies and Tools with Young Children

A Developmental Approach to Using Music

Meredith R. Pizzi, MT-BC, Raising Harmony
Gather Round
By: Meredith R. Pizzi, MT-BC

Oh gather round, everybody, gather round,
Oh gather round, everybody, gather round,
Oh gather round, everybody, gather round,
Come and Play with Me. And Stop!

Oh gather round, everybody, clap your hands...
Oh gather round, everybody, pat your knees....
Oh gather round, everybody, stamp your feet...
Music therapists use all of the elements of music along with a variety of songs and strategies to engage young children in music making activities to support development.
Key Concepts and Strategies

- Sing!
- Music that is Simple (But Not Simplistic)
- Presented Consistently
- Predictable Silence
- Repeat
The Rule of Three

1. Once you get bored, sing it 3 more times.
2. If the little one you are singing with does something new, you need to sing it three more times.
Key Concepts and Strategies

Sing Simple Music
Presented Consistently
With Predictable Silence
and Repeat.
Specific Music Therapy Strategies in Early Childhood

Consistent Session Structure
Music for Transitions
Embedded Songs
Musical Cues
Musical Word Fill-in
Initiation and Imitation

“It’s More than Just a Song. It’s a Carefully Crafted Therapeutic Intervention.”
Elizabeth Schwartz, LCAT, MT-BC
Row It Faster
Adapted By: Elizabeth K. Schwartz, MT-BC

Row, Row, Row Your Boat,
Gently down the stream,
Merrily, merrily, merrily, merrily,
Life is but a dream.

Oh NO! That’s too Slow!

Row your boat a little bit faster,
Row your boat a little bit faster,
Row your boat a little bit faster,
Here we go!
Stay in Touch!
Meredith R. Pizzi, MT-BC

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