

6 Benefits of Music Lessons



Learning to play an instrument can help your child fine-tune their ear and enhance skills needed for education and social interaction.

Between football and scouts, your school-age child's schedule is loaded with fun activities. If you're on the fence about adding music classes to the list, take note of the benefits that come with signing your little one up for violin or piano lessons. Maybe they won't be the next Beethoven, but they may have an easier time learning maths, practicing good manners (including patience!), and becoming a team player. Read on to learn more about the benefits of music education.

MUSIC IMPROVES ACADEMIC SKILLS



Music and maths are highly intertwined. By understanding beat, rhythm, and scales, children are learning how to divide, create fractions, and recognise patterns. It seems that music wires a child's brain to help them better understand other areas of maths. As children get older, they'll start reciting songs, calling on their short-term memory and eventually their long-term memory.

Musical instrument classes also introduce young children to basic physics. For instance, plucking the strings on a guitar or violin teaches children about harmonic and sympathetic vibrations. Even non-string instruments, such as drums and the vibraphone, give older children the opportunity to explore these scientific principles.

MUSIC DEVELOPS PHYSICAL SKILLS



Certain instruments, such as percussion, help children develop coordination and motor skills; they require movement of the hands, arms, and feet. String and keyboard instruments, like the violin and piano, demand different actions from your right and left hands simultaneously. It's like patting your head and rubbing your belly at the same time. Instruments not only help develop ambidexterity, but they can also encourage children to become comfortable in naturally uncomfortable positions. Enhancing coordination and perfecting timing can prepare children for other hobbies, like dance and sports.

MUSIC CULTIVATES SOCIAL SKILLS



Group classes require peer interaction and communication, which encourage teamwork, as children must collaborate to create a crescendo or an accelerando. If a child is playing his instrument too loudly or speeding up too quickly, he'll need to adjust. It's important for children to know and understand their individual part in a larger ensemble.

MUSIC REFINES DISCIPLINE AND PATIENCE



Learning an instrument teaches children about delayed gratification. The violin, for example, has a steep learning curve. Before you can make a single sound, you must first learn how to hold the violin, how to hold the bow, and where to place your feet. Playing an instrument teaches kids to persevere through hours, months, and sometimes years of practice before they reach specific goals, such as performing with a band or memorising a solo piece. Group lessons, in which students learn to play the same instruments in an ensemble, also improve patience, as children must wait their turn to play individually. And in waiting for their turns and listening to their classmates play, children learn to show their peers respect, to sit still and be quiet for designated periods of time, and to be attentive.

MUSIC BOOSTS SELF-ESTEEM



Lessons offer a forum where children can learn to accept and give constructive criticism. Turning negative feedback into positive change helps build self-confidence. Group lessons, in particular, may help children understand that nobody, including themselves or their peers, is perfect, and that everyone has room for improvement. Presenting yourself in public is an important skill whether you become a professional musician or not. This skill is easily transferrable to public speaking. And, of course, once a child is advanced enough, they'll possess musical skills that will help them stand out.

MUSIC INTRODUCES CHILDREN TO OTHER CULTURES



By learning about and playing a variety of instruments, children can discover how music plays a critical role in other cultures. It's important to familiarise children with other cultures at a young age because this fosters open-mindedness about worlds and traditions beyond the ones they know.