

CASE STUDY

Musical Creativity in the Baby Room

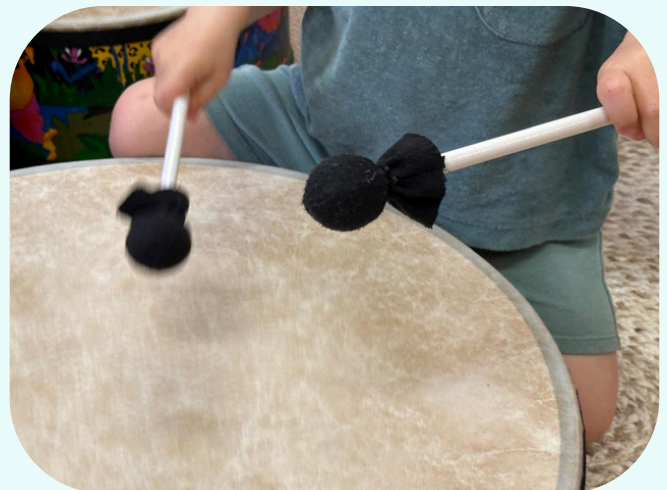
Lauren Wilcox is the Baby Room Leader at The Learning Tree Nursery, Chilcompton, Somerset. Lauren has attended nearly all of our Working with Babies Network events regionally and in her local area since the SPH began!

Here, she reflects upon Mona Sakr's webinar on Musical Creativity in the Baby Room and how it has made a difference to the children, families and staff team at her setting. The recording of Mona's session [can be watched here](#).



'Babies come in to the world hungry for music and rhythm, just think about the importance of singing to a newborn baby and rocking, how that soothes their nervous system'

Mona Sakr



What did the webinar help you reflect upon?

Attending the training helped me realise that babies are not only exposed to nursery rhymes in their daily lives, but also to the music their families enjoy. This music reflects their experiences so far and is an important part of their culture and identity.

I also gained confidence in using music more intentionally within the setting. Rather than just singing along for fun, I now think about how different types of music can support children's development and wellbeing. The training encouraged me to recognise that it is okay to share our own musical tastes too, as this can bring joy to the children and help them discover a wider variety of sounds and rhythms.



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What have you implemented since attending the webinar?

I wanted music to bring joy to the room, for the children to feel more at home and to bridge the gap from home to nursery.

I asked our families what their favourite songs were to listen to at home/in the car that weren't the usual nursery rhymes. We then collated a baby room playlist and shared the link with parents so that they could also use it at home. I also asked the staff and added their favorite songs to the list too, so that everyone had a song that they recognised.

We also now spend more time with music as the focus of our activity, instead of using it as an enhancement. We play our playlist and then celebrate each child as they recognise their song, as well as dancing and singing along.

I wanted the babies to feel like they were being heard as individuals and hearing familiar songs and celebrating them has really supported that.



What difference has it made to the babies?

- The babies are expressing themselves through dancing much more confidently with familiar music from home, you can see the joy in their faces when they realise they know it!
- It has also allowed families to be part of their child's time with us, for them to share the playlist at home, hear what their babies are listening to and find joy with them.
- Staff members are now more expressive in the way they move to music, demonstrating to the children that there are many different ways to move to music.



Would you like to explore musical creativity with babies and children?

- Watch the recording of the [webinar here](#)
- Explore [Musical Development Matters](#)
- Explore [examples of adults demonstrating positive attitudes to physical development](#) (such as dancing) by participating in active movement with enthusiasm.