

Ten reasons why you should sing The Healthy Eating Song!

Singing

1. Children enjoy the experience of getting involved singing songs, especially if bonding with family and peers.¹
2. Singing together helps to instil good behaviours and the basic skills for social interactions.¹
3. Participating in music making increases children's self-esteem and confidence interacting with others, which is useful in social situations such as moving from nursery to school.²
4. Group singing helps with sharing and taking turns.³



Dancing

5. Actions like clapping and stamping can impact other areas requiring coordination and concentration, like sports or playing instruments.¹
6. Through dance, children develop spatial awareness, become less clumsy and pay more attention to others sharing their space.⁴
7. Children struggling with language can express their feelings with immediacy through dance and movement.⁴

Learning

8. Singing and rhymes can help young children become better readers and enhance vocabulary.¹
9. Repetition, whether in the lyrics themselves or when singing the song over and over, hones memory acquisition.¹
10. Words stick in children's minds more smoothly through singing, making spelling easier.¹



Let them bloom! Help your children to learn about healthy eating while having fun and getting active!

References:

1. The Importance of Learning Through Song, Early Childhood Education Zone. Available from: <https://www.earlychildhoodeducationzone.com/importance-learning-song/> [Last accessed May 2018]
2. How Music can Boost your Child's Self-Esteem, Capstone Music. Available from: <https://capstonemusic.ca/how-music-can-boost-childrens-self-esteem/> [Last accessed May 2018]
3. Songs that Teach Good Manners, Songs for Teaching. Available from: <http://www.songsforteaching.com/etiquette.htm> [Last accessed May 2018]
4. Why song and dance are essential for children's development. British Council. Available from: <https://www.britishcouncil.org/voices-magazine/why-song-and-dance-are-essential-childrens-development>