

Engaging Melton Families  
Program



MacKillop  
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# Sing & Grow Music Group

A free music therapy group for Aboriginal & Torres Strait Islander families  
with children aged 0-5 years who live in the Melton area

## Term 3 2023

Monday 17<sup>th</sup> July - Monday 4<sup>th</sup> September

8 WEEK  
PROGRAM

**Monday's starting at 10:30am**

Join us for morning tea & a yarn after the group each week

(morning tea provided)

**Botanica Springs Children's and Community Centre**

249 Clarkes Rd, Brookfield VIC 3338

## Contact information

To register your spot in the group, please call or text EMF worker

**Bree Large** on 0400 419 933

building stronger families and communities through music

Sing&Grow is a program of  
Playgroup Queensland Ltd

This program is funded in part  
by the Australian Government



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## Why make music with your child?

Music is a fantastic way for children and parents to experience fun and enjoyable times together.

Dancing, singing, playing percussion instruments, and relaxing to music are great for stimulating your child's development. And the benefits are even greater when you share these activities together!

## Why is music beneficial?

- Music motivates children
- Music is fun and non-threatening
- Music can provide structure and predictability
- Music can be used to alter mood
- Music is great for child development

## Music can help Child development...

- **Thinking Skills** – staying on task, increasing attention span, problem solving, following instructions, understanding and practicing new concepts.
- **Language, Literacy & Numeracy** – learning new words and their meanings, counting, following patterns.
- **Physical Skills** – gross and fine motor skills, body awareness, co-ordination e.g. using both hands together.
- **Communication Skills** – verbal and nonverbal self-expression e.g. singing, making animal sounds, pointing, looking, waving.
- **Social Skills** – sharing, turn-taking, sitting & waiting. This can help to prepare children for kindy and school.

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