



HARMONY GARDEN
SPROUTS

Harmony Garden Sprouts: A Guide to Developmental Music Activities

Supporting your child's journey from Birth to 24 Months.

Created by the Harmony Garden Music Therapy Services Team

Welcome to the Garden

As board-certified music therapists, we are excited to share ideas for using music to support your child's development.

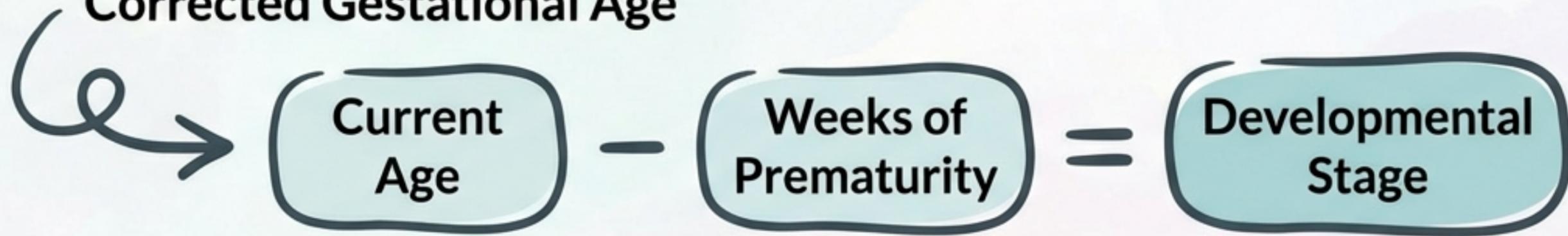
Let music be a joyful and meaningful part of your child's development—and yours, too.



Every Child's Journey is Unique

Milestones are approximations and provide a general framework, not a rigid timeline. If your child doesn't roll over at exactly 5 months, that is okay.

Corrected Gestational Age



Term is considered 40 weeks. If your child was born early, subtract the weeks of prematurity from their current age.

Example: Born at 23 weeks = Subtract 17 weeks from current age to estimate milestone readiness.

The goal is to enjoy the time as they explore, learn, and grow at their own pace.

The Awakening (Term Birth – 1 Month)

Milestones

- Different types of crying (hungry, tired, hurt)
- Responds to stimuli (auditory, visual, tactile)
- Alerts to own name and recognizes caregiver

Music Activities

For Sleep: Lullabies

For Alertness: Quiet music with a stable, steady tempo

Connection: Use infant-directed singing (slow, high pitch, great inflection)

Interaction: Hold hands palms together and move them to the music. With a partner, sit on either side and take turns singing the child's name to help them track sound.

The Playlist

Hush Little Baby

Rock-a-bye Baby

All the Pretty Horses

When You Wish
Upon a Star

Wake Up Feet

S-M-I-L-E

Tracking the World (2 Months)

Milestones



Tracks auditory and visual stimuli

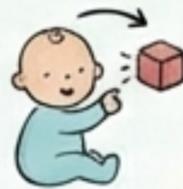


Recognizes familiar stimuli



Makes cooing/vowel sounds

Music Activities



Visual Tracking: Position an object (red or black/white) in the infant's visual field and move it to the beat of the music.



Vocal Play: Replace lyrics with vowel sounds.
Example: "Ee-i-ee-i" becomes "ooh" sounds.

Playlist

He's Got the Whole World in His Hands
5 Little Ducks
Looby Loo
Shoo Fly
Old McDonald

Engagement & Strength (3-4 Months)

Milestones



Lifts head when on stomach (Tummy Time)



Reaches and grasps



Laughs and matches sung pitches

Music Activities



The Tummy Time Motivator: Sit in front of the infant. When they lift their head, make eye contact and sing. When the head drops, stop singing. Repeat.



Movement: Hold the infant and dance/sway/dip to the beat.



Interactive Toy: Give them a musical toy; sing when they move it, stop when they stop.



Pitch Matching: Sing simple songs with few notes (e.g., Hot Cross Buns) and match their vocal responses.



The Playlist

This Old Man

Three Blind Mice

Ring Around the
Rosies

It's Raining It's
Pouring

I Love You
(Barney theme)

Reaching Out (5-6 Months)

What They Do



Rolls over



Crosses midline to reach/grasp



Babbling and initiating speech sounds



Responds to "no" or voice changes

What We Do



Action Songs: Sing songs with action words and help the child do the motions.



Reading: Use songbooks; point to pictures while singing.



Personalization: Sing chants that rhyme with the child's name or family names (mama, dada).



Reaching: Play instruments to the side to encourage reaching and grasping.



Playlist

Ten in the Bed, Five Little Monkeys, Itsy Bitsy Spider, Pop! Goes the Weasel, Hickory Dickory Dock

Interlude: The Power of Repetition

“Babies and children thrive on repetition. There is no such thing as ‘too much’ music in a child’s life!”



Sing the same songs multiple times in a row.



You don't need to know every song. Sing your favorites.



The examples in this guide are just guidelines—adapt them as your child grows.

Finding the Beat (7-8 Months)

What They Do



Pulls to stand/stands alone



Scoots or crawls



Pincer grasp (feeding self)



Interest in words with 1st syllable accents

What We Do



Speech Development: Sing songs with 1-syllable words and emphasize them (e.g., “Zoom Zoom,” “Ah Ah”).



Call and Response: Sing a phrase and have the child sing back. Match their notes.



Musical Hide & Seek: “I see the [object]...” (cover with scarf)
“...Peek-a-boo!” (pull scarf off).



Playlist

Wheels on the Bus
If All the Raindrops
I'm a Little Teapot
Zoom Zoom Zoom
Skip to My Lou

Independent Play (9-10 Months)

Milestones



Sits alone

Walks holding hands



Plays pat-a-cake

Says "mama," "dada,"
"bye-bye"

Activities



The Band: Give the child several objects that make noise and let them play along to recorded music independently.



Naming: Sing songs that name objects; help the child walk around and touch each object mentioned.

Identity: Sing songs with names and replace them with the child's name.



Playlist

Farmer in the Dell | Alphabet Song | 5 Green and Speckled Frogs | Are You Sleeping? | A Tisket A Tasket

First Steps & Sounds (11-12 Months)

Milestones



Walks



Recognizes words for common objects



Moves objects to the beat



Indicates wants by pointing/vocalizing

Activities



Wind Instruments: Give the child a safe toy like a kazoo, harmonica, or recorder. (*Safety Note: Stay with them.*)



Modeling: Model rhythmic and humming sounds.



Visuals: Use pictures and point to them for songs like "Alice the Camel".



Musical Hunt: Sing "A Hunting We Will Go" and find objects around the house.

Playlist



Where is Thumbkin, Clap Your Hands, Boom Boom
Ain't It Great to Be Crazy, Alice the Camel, Mister Sun

Following the Lead (12–18 Months)



Milestones



- Child climbing stairs



- Uses 2-word phrases



- Follows simple directions



- **Vocabulary:** 20-40 words

Activities



- **Routine Songs:** Replace words of familiar songs with daily activities (brushing teeth, combing hair, eating).



- **Instructional Songs:** Sing songs with clear directions like 'Clap hands' or 'Stomp feet.'



- **Direct Drawing:** Play instrumental music and sing along to what the child is drawing with crayons.



- **Call & Response:** Sing to your toddler and allow long pauses for them to sing back.



Playlist: Little Bunny Foo Foo, BINGO, London Bridge, Shake Your Sillies Out, Baby Beluga, This Little Light of Mine

Moving Together (18-24 Months)

Milestones



Initiates gross motor skills
(whole body movement)



Learns 2-5 new objects/day



Shares



Holds hand of adult for safety

Activities



Body Awareness: Sing songs that name body parts and encourage actions.



Social Skills: Replace words of familiar songs with skills like “crossing the street,” “sharing,” or “helping.”



Freeze Dance: Play music and “freeze” when it stops (impulse control).



Instrument Parade: March along to songs to encourage rhythmic movement.



Playlist: The Ants Go Marching; Head, Shoulders, Knees, and Toes; Hokey Pokey; Going on a Bear Hunt; When the Saints Go Marching In



The Greatest Hits: A Quick Reference



Lullabies & Soothing

- Hush Little Baby
- All the Pretty Horses
- Rock-a-bye Baby
- When You Wish Upon a Star



Action & Movement

- Head Shoulders Knees and Toes
- Hokey Pokey
- The Ants Go Marching
- If You're Happy and You Know It
- Wheels on the Bus



Connection & Naming

- You Are My Sunshine
- S-M-I-L-E
- Where is Thumbkin
- Patty-Cake



Playful Learning

- Old McDonald
- 5 Little Ducks
- Alice the Camel
- BINGO
- Alphabet Song

Resources & References

Standley, J., Walworth, D. (2010). *Music therapy with premature infants: Research and development interventions* (2nd Ed.) Naperville, IL: The American Music Therapy Association.

Bronson Methodist Hospital Music Therapy Department (2016).



Sincerely,

The Harmony Garden Music Therapy Services Team

