

Your Brain On *Music*



The benefits of your child's music lessons go beyond learning an instrument!



1. LINGUISTIC AND SOCIAL ADVANCEMENT

Music significantly enhances language skills, including bilingual abilities, and fosters communication and social engagement. It plays a crucial role in developing linguistic proficiency and confidence. Language and music utilize similar brain areas, strengthening bilingual ability.

(Jentschke et al., 2005; Kunert et al., 2015; Langest et al., 2023)



2. EMOTIONAL AND PSYCHOLOGICAL HEALTH

It aids in emotional regulation, decreases anxiety, and builds confidence, fostering overall psychological well-being.

(Cook et al., 2019; Dingle et al., 2022; Hides et al., 2019; Hou et al., 2017; Karreman et al., 2017)



3. PHYSICAL COORDINATION AND SKILLS

It enhances coordination for sports and dance, and increases sensory mastery, supporting better physical response and activity preparation.

(Díaz-Pérez et al., 2021; Tuominen et al., 2020)



4. COGNITIVE AND EDUCATIONAL BENEFITS

Music enhances intellectual growth, scholastic performance, and educational empowerment, boosting both cognitive development and academic skills.

(Cooper 2020; Črnčec et al., 2006; Mehr et al., 2023; Román-Caballero et al., 2022; Sala and Gobet, 2020)

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