



Combining Music With Playtime Makes Children Happier

(NAPSA)—Whatever your preferred beat, music can increase optimism, stimulate brain cells and help you relax and have fun.

According to a recent Harris Interactive survey of parents of children ages 1–5 years, listening to music during playtime makes children happier, sillier, more excited and engages them in play for longer periods of time; music also makes parents feel more relaxed.

“Music is a mood-lifter for our family,” said Annett Kohlmann, a mother from Sammamish, WA. “When I turn on our favorite tunes, the fun begins. I’ve discovered another wonderful benefit—increased language development as my children learn the lyrics.”

To fuel the connection between music and play, LEGO Systems released a series of free, downloadable songs to inspire and entertain children as they play—DUPLO JAMS. In addition to upbeat songs, the series offers tips and activities on how to combine music and building fun in response to surveyed parents requesting ideas for more age-appropriate ways to play with their children.

“Parents want to feel energized and creative at playtime, yet finding new ways to play feels stressful,” said Kimberley Clayton Blaine, a national parenting expert known as The Go-To-Mom. “While listening to a three-minute song, you can engage in meaningful play with your children leading to feeling more connected, fulfilled and relaxed.”

As parents opt to spend more time in the playroom, they look for



Incorporating music into playtime can engage kids.

more inspiration and playtime ideas. Sixty-three percent of parents say they’re a “coach” during playtime—guiding at first, then encouraging from the sidelines. Twenty-six percent consider themselves a “teammate,” as they play with their child from beginning to end. Eleven percent said they are a “cheerleader” who prefers to be a spectator while their child plays.

Parents wanting to incorporate more music into their child’s playtime should check out Amazon’s massive selection of children’s music, Common Sense Media music reviews, as well as Facebook.com/LEGODUPLO for a downloadable magazine of fun playroom activities and corresponding songs.

“One of the best ways to create a successful playtime playlist is to let your kids pick the songs,” says Blaine. “It’s fun to see which ones they choose and be prepared as they will probably ask to play the music over and over! So turn on that music, jam out and turn up the fun during playtime!”