

## Gary & Carol Crees

### Adventures in Music, Movement & Wellbeing

#### NEWS July 09

Welcome to our first newsletter

In this newsletter:

- Training workshops to join or host at your centre
- 2 must read books
- News - new website and YOGAPLAY DVD
- The vestibular system - the hidden sense. Moving to learn.

As many of our contacts are now by email we decided it was time to let people know what's news for us on our website and by email.

#### **TRAINING WORKSHOPS TO JOIN OR HOST AT YOUR CENTRE**

If you are wanting to warm up with a fun learning experience, here are some training opportunities:

##### **Annandale**

##### ***Making Music a Multisensory Experience***

Date: Mon, 24th Aug, 6.30 - 8.30 pm  
Venue: Toxteth Kindergarten, 49 Johnson St, Annandale  
Bookings: Carol - 9948 8802 - [garyandcarol@crees.com.au](mailto:garyandcarol@crees.com.au)  
Cost: \$35 per person

##### **Cammeray**

##### ***Music for little People 0-3***

Date: Mon, 6th July, 6 - 8 pm  
Venue: Cammeray Occasional Child Care Centre  
Kendall Community Centre, Warwick Ave, Cammeray  
Bookings: Carol - 9948 8802 - [garyandcarol@crees.com.au](mailto:garyandcarol@crees.com.au)  
Cost: \$35 per person

##### **Clarendon**

##### ***Yogaplay and Relaxation***

Date: Wed, 1st July, 6 - 8 pm  
Venue: Clarendon Headstart 208 Richmond Rd, Clarendon  
Bookings: Expectastar - 1300 669 653 - [services@expectastar.com.au](mailto:services@expectastar.com.au)

##### **North Sydney**

##### ***Music for Little People***

Date: 12th Oct, 6 - 8 pm  
Venue: Expectastar, 273 Alfred Street, North Sydney NSW 2060  
Bookings: Expectastar - 1300 669 653 - [services@expectastar.com.au](mailto:services@expectastar.com.au)

#### **Like to host an inservice workshop at your centre?**

If you host an inservice workshop with Carol or Gary at your centre 2 of your staff attend free. Suggested price is \$35 per person with a minimum of 10 staff. If you only have a small number of staff to attend but are interested in hosting a workshop, please contact us.

## **2 MUST READ BOOKS**

While much of the general media news may be grim, for those of us working with young children there is much to feel glad about. What a privilege it is to be making a positive change to our society by being part of the high quality care and education for young children. A great book on this topic is **Parenting for a Peaceful World** by Robin Grille - [www.our-emotional-health.com](http://www.our-emotional-health.com). Robin outlines how parenting and education practices have affected society and have been powerful agents for positive social change. There's lots more food for thought for parents and educators to consider in this book.

Another must read for educators and parents is **What's the Hurry** by Kathy Walker. I was lucky to hear Kathy speak at last year's Early Years Education conference in Perth and she was an inspiration. Her address discussed the changes to education and childhood that create such a harried, frenetic experience and made it clear how important play is in children's early education. For more info try [www.kathywalker.com.au](http://www.kathywalker.com.au) or [www.asg.com.au](http://www.asg.com.au)

## **NEWS - New website and YOGAPLAY DVD**

Recently we've been busy updating our website to a more contemporary look & with the view to expanding what we offer online, including videos of what we do as well as digital downloads of our resources. Check out our new look at [www.adventuresinmusic.com.au](http://www.adventuresinmusic.com.au)

## **NEW RESOURCES**

### **New YOGAPLAY DVD**

Our yogaplay resource will soon have a DVD that shows the sequences, stories and some games and compliments the book and CD currently available. We are excited about venturing into DVD format and look forward to it soon being available.

### **New OFF THE WALL DANCES compilation CD**

Off the Wall Dances for young children Vol.1 and Vol.2 have now been combined onto one CD. All the dances fitted, thus making it a value packed resource with fun dances & wonderful music to enjoy with your children. So for those who found Off the Wall Vol.1 out of stock for a short time there is now a CD with all your favourites and more...

## **WHERE WE WILL BE**

This winter term we are travelling to Armidale, Grafton, and Brisbane in June then home via Port Macquarie. Then we are working in Sydney through August and Sept.

## **THE VESTIBULAR SYSTEM - THE HIDDEN SENSE. MOVING TO LEARN**

Recently our most popular workshops have been Making Music a Multisensory Experience, Yoga and BrainDance. In all these workshops we give lots of movement ideas to encourage optimal learning recognising the importance of the vestibular ( or balance) system for brain development. Below is more info about the vestibular system so we know why movement is so important for the children's development.

Our vestibular system gives us our orientation in space. Normally our balance system works so seamlessly that we can ignore it. For centuries it was not even

listed among our other senses of touch, sight, sound, taste and smell. But without our sense of balance ( called proprioception) we would not survive and it is the first sense that develops in utero for humans. It is vital for posture, movement, and a sense of centre in space, time, motion and depth. Brain research now confirms that thinking and moving are closely linked. Through sensory motor activities, connections are made that provide the framework for higher thinking.

Our children need a rich sensory experience to fully engage the brain and multisensory movement and music activities provide a strong basis for achieving this. A child's self esteem is also enhanced when their motor skills are highly developed. Using varied props (ribbons, scarves, beanbags, a parachute and suitable percussion instruments) in grossmotor and fine motor activities encourages hand and eye and foot and eye co-ordination. It lays the building blocks for eye convergence, essential for reading and writing.

All sensation passes through the balance mechanism at the brain stem level before it passes on to the specialised regions higher in the brain. Hence all the other senses that a child will depend upon for learning are linked to balance. For example, all movement is registered on the skin which is our largest sense organ which in turn links to both the eyes and the ears through the balance system. All other senses a child will depend upon for learning are linked to balance. Only when motion and sensation are fully integrated can the higher skills of speech, reading and writing be acquired.

#### **REMEMBER....**

- If you work with babies are they being rocked, bounced, touched and having time on their tummy to explore their space?
- for preschoolers, are your children crawling, sliding, creeping, stretching, turning, twirling, hopping, jumping and walking on tip toes and using lots of props as part of their movement experience? **Vestibular stimulation needs to be part of a baby and child's normal play each day.**

#### **REFERENCES**

Anne Green Gilbert .© 2001 Anne Green Gilbert.

[www.creativedance.org](http://www.creativedance.org) for BrainDance video

Carla Hannaford. *Smart Moves*. Available through Amazon.

Sally Goddard Blythe, *Why do our children roll and tumble? First Steps Magazine*.

(Institute for Neuro-Physiological Psychology)

Until next time

Happy singing, dancing & moving

Gary & Carol

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