



Peas & Carrots

Lesson Focus: Baby's World of Patterns

During the first several months of life, babies follow a predictable pattern. Eat. Sleep. Diaper change. Eat. Sleep. Diaper change. Mathematicians call that an A-B-C pattern. Parents call it the “will-I-ever-sleep-again???” pattern. (*Spoiler alert: You will...one day!*) Patterns help your baby connect to and learn about the world. From recognizing the facial pattern of two eyes, a nose, and a mouth to hearing the vocal patterns of the language spoken at home to responding to the day-and-night pattern and eventually sleeping longer at night (really!).

In Kindermusik, we understand that babies and young children who learn to identify patterns strengthen their sense of safety and feel happier and more relaxed because they can better predict what happens next. Plus, a solid understanding of patterns eventually leads to success in school, especially in math, science, and reading. Each week in class, your baby experiences patterns through rhythm and meter, tempo contrasts, dances, language and vocal play, and the routine of the lesson flow. So, when your baby giggles and wiggles “going into the kitchen to take a peek” or dances with you to the changing tempos of “Peas and Carrots,” your little one gains a greater understanding of patterns—and the world.

Everyday Connection: *A little night music.* Create a special nighttime playlist filled with soothing lullabies. During your child’s last feeding or at the beginning of the nighttime routine, put on this playlist. The predictable pattern of music each night will help your child recognize the end of the day. Try these Kindermusik favorites:

http://play.kindermusik.com/en/browse/style/?style_id=35&