



Kindermusik: Learning Through Music

Level 3: Home Sweet Home

Lesson Focus: Creating Community

Parenting should come with life vests. We've all had those days and moments where being a parent leaves us feeling isolated, exhausted, and so desperately craving a moment of silence or a word of affirmation (or dark chocolate!). Kindermusik gives you a place to just breathe and celebrate the wonder of parenthood and childhood along with other families who understand the joys and challenges of parenting a young child.

Each week in class we create a safe and joyful place to belong and connect with other families. From the first notes of "Hello, how do you do?" to the last wave (or hug!) good-bye, children and parents authentically bond while singing and dancing together. That sense of community is why you find yourself celebrating another child's movement idea when travelling to "Clapping Land" or why your child loved showing Kindermusik friends a favorite stuffed animal in class. So, while we don't actually hand out parenting life vests, the Kindermusik community we create with sand blocks, scarves, and more works, too! Thank you for being such an important part.

Everyday Connection: Recipe for Community. Next class, why not try out a new recipe to share with other parents while you wait. Bring a snack for all of the children and invite families to get together at a local park after class or eat lunch together before.