

# Using Rhythm to Regulate

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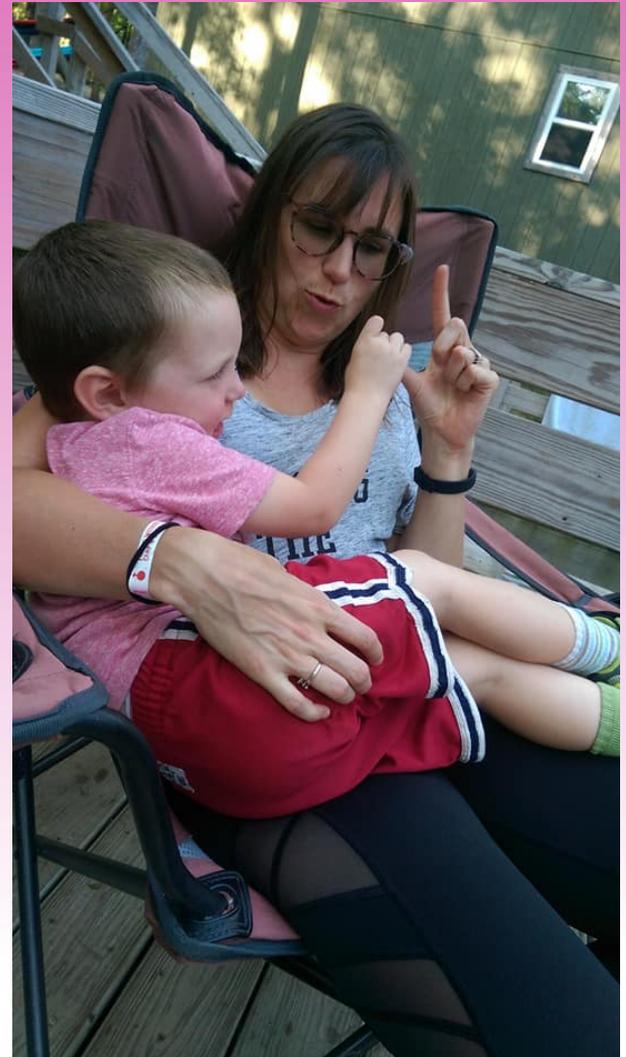
# Who Am I? Who Are you?



# Baby Shark

What other nursery rhymes or songs do you know?

How do you remember these?



# Objectives

- 1) Discuss why rhythm regulates a child's behavior and emotion;
- 2) Develop rhythmic invitations with children that encourage cooperative relationships;
- 3) Implement practical strategies to support rhythmic sound, and movement in your environment.

Think of an infant and caregiver



# Why Rhythm?

- The brain organizes around patterned, repetitive, rhythmic touch, sound, and movement, or “somatosensory” information. (Perry, 2015)
- This brain organizes from the bottom up and is almost completely organized by age four. (Perry, 2011)

# How does Music impact Emotion?



# How does Music impact Behavior?



# Research

- Beat synchronization and motor coordination improves regulatory skills in preschool children. (Williams, K. 2018)
- This is because of shared neurological networks for auditory, motor and speech processing. (Woodruff C. et al 2016)

# Skidamarink Gesture Guide

From *Super Simple Songs 3*

# Skida marink

Put your right elbow in your left hand and wiggle your fingers.



Skidamarink a...

Put your left elbow in your right hand and wiggle your fingers.



dink a dink...



Skidamarink a...



doo...

Point to yourself.



I...

Hug yourself.



love...

Gesture to the other people in your group.



you...

Make a big circle over your head with your arms, like the sun. Lean over to one side.



I love you in the morning...

Stand up straight with your arms above you.



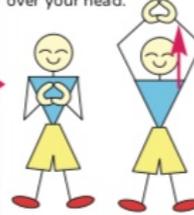
And in the afternoon...

Bend over to the other side.



I love you in the evening...

Make a small circle in front of your chest with your hands and move it over your head.



And underneath the moon...

# Dancing

- People who dance and actively engage with music were found to be happier than others, who didn't engage with music in that way, according to a 2017 study from Australia



# Simple Games

- Put the Beat in Your Feet
- Put the Rhythm in your hands
- Hand Claps
- Paper plates make great Ice Skates
- Twist (keep the paper plates)

# How can you use this?

- To help with transitions?
- To encourage cooperation?
- To incorporate safe touch?
- To move from high energy to focused?
- To move from low energy to focused?



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