

# 整天在歌唱

孩子在出生前就开始听到声音并做出回应。实际上，即使在出生后的头几天里，他们已经能够听出自己妈妈的声音。毕竟，他们一直在听妈妈讲话已经有几个月了。

他们的大脑中已经存在的这种链接，将有助于他们听得懂并讲话，但是在接下来的几年里，他们还是需要更多的机会聆听和练习讲话。歌曲能够以每个人都喜爱的一种方式给孩子提供这种机会。

## “儿语”

全世界的成年人好像都有一个特殊的办法和宝宝讲话。当宝宝还小时，我们讲话时声调高一点，用简单的单词和句子，慢慢讲，在句子之间停顿一下，并且一遍又一遍地重复相同的词组，而且经常采用唱歌的语调。

因为这种“儿语”符合婴儿听高音好过听低音的本能，所以会引起他们的注意。当成年人使用简单的词语并且经常重复时，婴儿更容易明白他们在讲什么。简单的单词、重复、轻快的音调——这可以是许多儿童歌曲的特点。实际上，从游戏时间到睡觉时间，歌曲在与宝宝的沟通上有着特殊的作用，并且随着孩子的成长而继续起着重要的作用。

## 动起来

即使在孩子能够讲话之前，歌曲就能伴随着姿势和动作让孩子们参与进来。许多这些歌曲指出身体各个部位的名称。首先，你把着宝宝的手来指着他或她的身体的不同部位。之后，你的宝宝将会参与进来，模仿你的手势和身体动作。然后慢慢地，他或她将能够讲越来越多的单词，直到最后你们一起歌唱。

## 节奏、韵律和重复

音乐和歌曲培养沟通中一个基本的技巧——听的能力。在歌曲中，节奏和韵律强调重要的单词，以便更容易听得出来。另外，因为许多歌曲有多次重复的叠句，孩子便有机会练习，从而记住这个单词和整个句子。

## 强调节奏

节奏最先吸引你的孩子来听音乐和歌曲。也许这使他们想起妈妈的心跳——可能是他们最早听到的一个声音。你可以这样来突出节奏感：把宝宝放在膝盖上颠，或者和大一点的孩子拍手和摇摆。如果你喜欢这样，干嘛不一起跳舞呢！

## 歌曲要简单易学

对于新歌，在开始时你可以唱得非常慢，以便孩子容易学。歌曲可能是欢快的，但是要等到孩子熟悉歌曲之后才加快节奏。一旦孩子熟悉了歌曲，你可以停顿一下，让他们唱出下一个单词。比如说，节奏经常会帮他们记得一句歌词的最后一个字。

## 跟着CD学歌曲

如果你不知道任何儿童歌曲，需要一些帮助来开始的话，你可以从图书馆借一些CD。但是不要只是听歌，要花点时间和孩子一起学着唱歌。即使你的嗓音不完美，但只有你才能将歌曲改编来适应你自己的孩子的年龄和兴趣，而不是任何播放的歌曲。

## 编新歌

引起儿童注意的一个方法是在歌曲中使用他们的名字。你也可以在熟悉的歌曲中编新歌词来表述日常事务或者活动。比如，当要离开朋友家时，试着按照你的孩子喜欢的歌曲的韵律唱“告别时间到，说再见”。有些孩子非常不愿意从一个活动转到另一个活动。像这样编一个歌曲可以改变孩子的心情以及预示下一个活动将是什么，从而有所帮助。

有时歌曲比命令效果更好。在宣布吃饭时间时，试着用熟悉的韵律唱“如果你饿了而且你知道，过来吃饭”。

## 适合所有场合的歌曲

对于所有场合都有适合的歌曲：描述熟悉的活动、使日常活动更顺利地进行、调整坏心情以及在小睡前放松。分享音乐可以建立亲情，并在一天中使每个人增添好心情。

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# Singing through the Day

Children start hearing and responding to sounds before they are born. In fact, even in the first few days of life, they recognize their own mother's voice. After all, they've been listening to her talk for months.

Connections have already been made in their brain that will help them understand and speak, but in the next few years, they need lots more opportunities to hear and practice language. Songs give children those opportunities in a way that's fun for everyone.

## "Baby talk"

Adults all over the world seem to have a special way of talking to babies. When they are little, we make our voice higher, use simple words and sentences, speak more slowly, pause between sentences, and repeat the same phrases over and over, often in a sing song tone of voice.

This kind of "baby talk" gets infants' attention because it fits with their ability to hear higher pitched sounds better than lower pitched sounds. Babies understand more easily what people are talking about when adults use simple words and repeat them often. Simple words, repetition, lilting tone... that could be a description of many children's songs. Indeed, songs have a special place in communication with babies, from playtime to bedtime, and they continue to be important as children grow.

## Get active

Songs that include gestures and movement allow children to join in, even before they can say the words. Take the song "Head and shoulders, knees and toes". At first, you will move your baby's hands to point to the different parts of his or her body. Later, your little one will participate by imitating your hand and body movements. Then gradually, he or she will be able to add more and more words until finally you're singing along together.

## Rhythm, rhyme and repetition

Music and songs develop listening skills, an essential part of communication. In songs, rhythm and rhyme make the important words stand out so that they are easier to hear. Also, because many songs have a chorus that is repeated several times, children get a chance to practise and therefore remember words and whole sentences.

## Emphasize the rhythm

Rhythm is what first attracts young children to music and songs. Maybe it reminds them of the beat of their mother's heart, probably one of the first sounds they heard. You can emphasize the rhythm by bouncing a baby on your knee or by clapping and swaying with older children. If you feel like it, why not dance together!

## Make songs easy to learn

You can make it easier for children to learn a new song by singing it very slowly at first. It may be a lively song, but wait till they know it better before speeding up the pace. Once children become familiar with a song, you can pause to let them fill in the next word. Often, the rhyme will help them remember the last word in a line, for instance.

## Learning songs from tapes

If you don't know any children's songs and need some help getting started, you can borrow tapes from the library. But don't just listen to the songs. Take a bit of time and learn to sing them with the children. Even if your voice isn't perfect, no tape can adapt the songs to the age and interests of your particular children the way you can.

## Making up new songs

One way to get children's attention is by using their names in a song. You can also make up new words for familiar songs to accompany your routines and activities. For example, when it's time to leave a friend's house, try singing "Time to leave, say good-bye" to the tune of "Frère Jacques". Some children find moving from one activity to another very stressful. A made-up song like this can help by changing the mood and by giving the signal for what will happen next.

A song sometimes gets better results than an order. Try announcing mealtime with "If you're hungry and you know it, come and eat", sung to the tune of "If you're happy and you know it".

## Songs for all occasions

There are songs for all occasions: for describing familiar activities, for making routines go more smoothly, for changing a bad mood and for relaxing before nap time. Sharing music can build bonds and add good times to everyone's day.

*by Betsy Mann*