



# How Listening to Music Benefits Children

- **Strengthens Listening Skills**
- **Increases Attention Span**
- **Encourages Motor Skills**
- **Helps Boost Language Skills**
  - **Practice Social Skills**
- **Calms and Focuses the Mind**
  - **Reduces Depression**
- **Makes a commute less stressful, more enjoyable**
  - **Improves Memory**
- **Supports bonding with whomever is sharing the listening experience**
  - **Can accelerate brain development**
    - **Provides joy**
    - **Decreases stress**
  - **Increases and improves sleep**
    - **Can alleviate pain**
    - **Uses energy**
  - **Brings out personality**

**Sources: Gari Stein, Kendall Deflin and Bright Horizons**