

## Music Therapy at Kids Plus

Music Therapy (MT) incorporates a range of expressive, music-making techniques within and through a therapeutic relationship. MT is different from music education or entertainment in that it focuses on individual health, functioning, and well-being. Registered Music Therapists (RMTs) draw on a large body of research and are bound by the Australian Music Therapy Association's code of ethics.

### Music therapy can:

- increase social skills and social engagement - music is fun and effective way to connect with others. Singing songs together releases endorphins and oxytocin in the brain, which helps us feel more relaxed and connected with others.
- enhance development across areas, including communication, cognitive processing, and motor coordination
- reduce anxiety and enhance self-regulation. In music therapy, we can help create music strategies and playlists to use at home in helping your child rest. MT can reduce challenging behaviours. In a safe and fun context, music can be used to teach concepts such as 'waiting', 'taking turns', and finding helpful ways of communicating frustration.
- foster identity formation. Music is a significant part of most people's lives. It is important for all children to be given opportunities to develop their preferences. Musical identities can help children with complex health issues to identify their healthy selves and become part of a wider musical community.
- facilitate emotional growth and development. Music therapy gives children new ways to express their feelings and allows them to explore a broad range of emotions.
- help create routines and make transitions easier. Music is a great way to indicate indicate changes in the daily routine. Songs and rhythms can be used in therapy and repeated at home, for example, songs for eating ("Rumbly Tummy"), or for packing away toys ("The Packaway Song").

MT offered at Kids Plus provides an effective complimentary program to our physiotherapy, occupational therapy and speech pathology programs. MT can help engage your child in their general therapy goals, as well as working on specific music therapy goals.