

Benefits Of A Musical Education On Children

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Music education classes can enrich the life of an adult or child in many ways. Children who learn a musical instrument or sing usually **perform better on test scores at school.**

Music and the family

Learning a musical instrument is a great way **to help focus your child's mind**, and start **unlocking new channels of creativity**. The whole family can benefit from this sort of musical education, as you will watch your child learn and develop, but also be there to encourage them and help them practice. If you're still unsure, read the following explanations, and see if you feel differently.

1) **Self-confidence**

For those who have music education classes in school, learning an instrument and playing in a band can be lots of fun. Children as young as eight or nine can be taught how to play a variety of instruments. Bands usually have concerts on a regular basis where the children can play for their parents and others in the school. Interaction during classes and a performance in front of an audience allows the child to build their social skills, and be rewarded with praise for their efforts.

2) **Quick thinking**

Learning about the value of notes, time signatures, and exits and entrances helps develop the rapid response system of the brain. Translating the notes into hand positions and the beats into seconds will also improve focus, add to mathematical skills, and improve the brain's analytical faculty.

3) **Stress Reduction**

Music has widely been regarded as an effective mean to reduce stress. In fact, this is one of the reasons that make music education so popular. Many people actually feel calmer and cheerful when playing music, including children. However, heavy metal or rock music tends to have the reverse effect on many people and it is generally not suitable as a mean for stress reduction.

4) **Independence**

If there is no music education program offered at a child's school, their parents can opt to send the child to private lessons. This are just as beneficial, but in a different way. Instead of being part of a band, the child will have to learn to rely on themselves when it comes to getting notes right, timing, and the discipline of practising. Of course, their parent can play a large role in this particular area.