



Building a Better Childhood:

The Benefits of the Lullaby

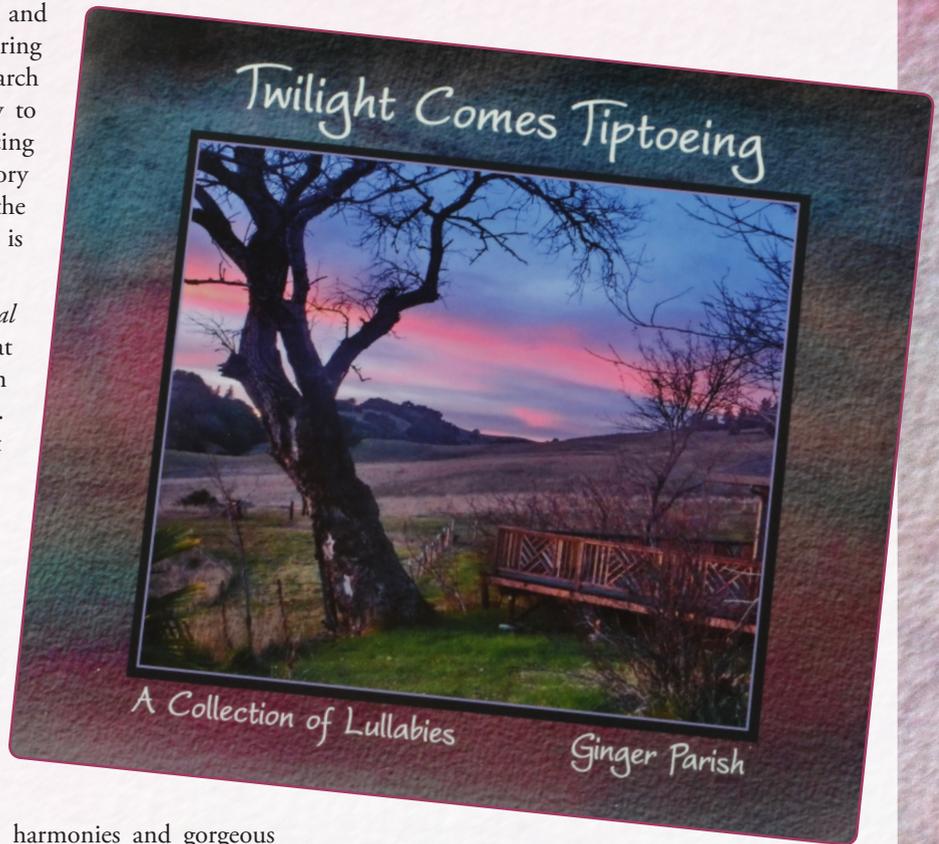
By Tonia Taylor McCallum

In a culture filled with media and developmental toys designed to bring out your baby's inner genius, research suggests that your grandma had the key to better babyhood: the lullaby. From enhancing neural connections and assisting in auditory and language development, to enhancing the parent-child bond, the soothing lullaby is making a strong comeback.

In one study published in the *International Journal of Arts Medicine*, researchers at Brigham Young University find music an essential brain builder for young children. BYU music professor Rosalie Rebollo Pratt recommends parents implement home-based music programs as early as possible.

Babies aren't the only ones who benefit from a gentle rhythm and heartbeat tempo. Lullabies help older children and parents too, decreasing anxiety and stress and increasing feelings of success and empowerment. Experts and grandmas suggest you build your repertoire of favorite lullabies now. It's not the quality of the voice that matters, but the connection.

Twilight Comes Tiptoeing, A Collection of Lullabies (December 2012), is an inviting place to start. The CD released by Ginger Parish, mother, singer-songwriter, and early childhood music specialist, presents songs she wrote for her child and has shared with hundreds of families over the years. With rich vocal



harmonies and gorgeous instrumentation, these beautiful melodies have become favorites at naptime and bedtime.

Says Parish, "My hope is for people to learn the lullabies and sing them. It's an important tool to help the child/parent bond...When you sing a lullaby, you give your heart and love in a musical way just when your child is sleepy and receptive... Most of these lullabies were born on a rocking chair while I rocked and sang my baby boy to sleep. I have known no greater sweetness, no greater depth of connection, than those times."

Accolades for Parish's award-winning collection are numerous. The collection has won a 2013 Parents' Choice Silver Honor Award and *Creative Child Magazine's* Preferred Choice Award 2013.

Twenty-five year *Los Angeles Times* children's arts and entertainment veteran, Lynne Heffley writes of *Twilight Comes Tiptoeing*, "This lovely addition to

the lullaby shelf is balm for all ages (adults, too)...Ginger Parish has crafted each song with a fine musician's skill and a gentle lyrical touch..."

Annie Keeling, MFA, educator, writer, music teacher, parent, and founder of *Parenting Groove* writes, "Ginger's resonant voice has an emotional quality that reaches deep...This album's songs are easily remembered...and provide that special experience to build a heartfelt connection with your child."



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