

# MUSIC MATTERS

*A Newsletter for the Families Enrolled in the Music-in-the-Box Music Masters Program*  
*Meredith Haynes and Ginger Acopiado, Owners*  
**SPRING / SUMMER 2006**

"I HOPE YOU WILL LOOK AT AND APPRECIATE MUSIC IN MANY DIFFERENT WAYS—A BIOLOGICAL HUMAN NEED, AN ASTOUNDING ART FORM THAT ALLOWS US TO FEEL AND EXPERIENCE A MULTITUDE OF SENSATIONS, AN EXTRAORDINARY VEHICLE FOR ENHANCING INTELLIGENCE, AND A WAY TO CONNECT AND UNITE PEOPLE ALL OVER THE WORLD."

*SHARLENE HABERMEYER, GOOD MUSIC BRIGHTER CHILDREN*

## REGISTER NOW FOR SUMMER!

Barrington Park District: Ms Ginger  
Summer Session: Jul 10 – Aug 4 Mondays

Libertyville: Teachers vary depending on day/month. Note: Brochure teacher is incorrect.  
Summer Session 1: June 5 - Jul 10 (no class week of Jul 4)  
Summer Session 2: Jul 17 - Aug 14 Mondays & Fridays

Gurnee: Ms Michele / No classes on Wednesday – brochure is incorrect.  
Summer Session 1: Jun 6 - Jul 11 (no class July 4) Summer  
Session 2: Jul 18 - Aug 15 Tuesdays & Thursdays

Lake Zurich: Ms Ginger  
Summer Session: 4 weeks Jul only Thursdays

Lindenhurst: Ms Michele  
Summer Session 1: Jun 7 - Jun 28 Summer Session 2: Jul 5 - Jul 26 Wednesdays

Vernon Hills: Ms Ginger  
Summer Session: 4 weeks Jul only Wednesdays

### IN MY OPINION...

*By Meredith Haynes*

#### MOVE TO THE BEAT!

Mothers have done it for centuries. Your mother did it. And you already do it naturally—move rhythmically with your child. And new research indicates the importance of moving to a beat.

Researchers tested 7-month old babies by having them listen to drums with no obvious rhythm while half of the mothers bounced their infants in a march-like rhythm (every second beat) while the other group bounced in a waltz-like rhythm

**"MUSIC-IN-THE-BOX HELPS CHILDREN DISCOVER WHAT'S INSIDE. ONLY THEN WILL CHILDREN PROGRESS TO THINKING OUTSIDE THE BOX."**

(every third beat). The babies subsequently showed a preference to music patterned in the rhythm that matched their bouncing experience.

This indicates that feeling the beat helps wire babies' brains to hear, remember and enjoy rhythm.<sup>1</sup>

Music-in-the-Box agrees with the importance of exposing children to rhythm. Notice how our Music

Masters classes emphasize rhythm throughout each and every activity. Obviously you feel the

<sup>1</sup> Phillips-Silver, Jessica, "They've Got the Beat: Bounce Teaches Babies." *Chicago Tribune*, June 3, 2005.

rhythm while we sing, read poetry, play our rhythm instruments and dance. And we also emphasize rhythm with shaking hands, tickling, peek-a-boos and marches.

So why do something that comes naturally? Interacting with our children through rhythmical movement is important for brain development. "When music is taught comprehensively and sequentially...it increases math, science, reading, history and SAT scores...Additionally studying a musical instrument helps develop imagination, invention, creative thinking, communication, and teamwork skills."<sup>2</sup>

Our children must receive the basic experience of rhythmical movement before they can move on to many forms of higher-level creative thinking. In other words, Music-in-the-Box helps children discover what's *inside*. Only then will children progress to thinking *outside* the box.

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## PEACEFUL PARENTING By Nancy S. Buck, PH.D.

A BOOK REVIEW...  
By Ginger Acopiado

*"This job of parenting is the hardest job of my life. Unfortunately the darn thing didn't come with instructions..." introductory quote from a workshop participant in Wyoming 1993.*

Yet, according to Dr. Buck in the book *Peaceful Parenting*<sup>4</sup>, children actually do come with instructions, you simply have to learn how to read them much the same way you had to learn to read Shakespeare in high school, by working hard at it.

I am reading and re-reading the book *Peaceful Parenting* by Dr. Nancy S. Buck and I couldn't wait to try to implement the ideas

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<sup>2</sup> Habermeyer, Sharlene, *Good Music Brighter Children*, (Prima Publishing 1999) pg. 9.

I have learned. The title says it all - we have the power to truly create a peaceful home environment for our children to learn in, to love in, to grow in and we can do it responsibly. It does not involve over-permissiveness, material gratification, or even self-sacrifice, simply a willingness to do better by our children and unlearn some of our knee-jerk responses to their difficult behaviors.

Dr. Buck's book gives parents a way to apply Dr. William Glasser's Choice Theory (also known as Reality Therapy) to parenting. Choice Theory is driven by the basic concept that we cannot change the past or influence another person to change, but we can change our own behavior to build better relationships and ensure a better quality of life for ourselves and those we love. Her approach is a no-nonsense, positive way to deal with children and the creative crisis they bring to the home. Dr. Buck explains how we can learn to "read" our children's instructions, and create a loving, peaceful home environment that fosters safety and love and focuses on building relationships with our children while preserving discipline and structure - all without fear, damaging ego-busting and a breakdown in communication.

According to Dr. Buck, we really can help our children turn into a responsible and productive citizens without resorting to spankings, time-outs and punishment. But we have to want it and we have to work for it. After weeks of trying to unlearn my natural response to threaten or bribe (and I still have a long way to go), I guarantee if you put the ideas of this book into practice you will see an immediate difference in the way your child responds to your requests and the way your home functions as a whole.

However, I also now have a permanent hole in my tongue from biting it and promise too that you will have to retrain your most primal impulses. But if you read this book, you will see why I am so excited about the idea of peaceful parenting and its impact on our children and the future of their generation.

One of the best ideas I found in this book was that by listening, really listening to our children, we can learn exactly what they need us to do to help them take *more* responsibility for their own behavior while instilling a sense of genuine pride and respect. I am excited to build relationships with my family that are connected and loving, and outlast the terrible twos, tweens & teens.

As Dr. Buck puts it in Chapter 1, "The goal of parenting is to help our children learn how to live healthy, responsible, satisfying and fulfilling lives without us. If we do our job well, we will ultimately earn our way out of the parenting job."

I leave you with this quote and an invitation to see Dr. Buck personally as she presents these ideas at Hawthorn's Elementary South School May 23, 2006 from 7:00 - 9:00 p.m. This is being put on by the Hawthorn District 73 PTO and all are welcome.

"A parent should work to maintain a loving relationship with his child. This not only helps the child formulate her ideas about subsequent loving relationships, it also enables the parent to continue to influence the child's learning. When in doubt, love."

<sup>4</sup>*Peaceful Parenting, Nancy Buck, Ph.D., Black Forest Press, May 2002*

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## A NOTE ABOUT OUR TEACHERS

Music-in-the-Box is fortunate to have the most dedicated group of women facilitating our classes for your families. These Motivators are always willing to go the extra mile and provide the highest quality music education program available. We want to take a moment to thank them personally. We so appreciate the love and creative spirit that brings them into your child's classroom and we offer them our heartfelt thanks for stepping up so selflessly to cover one of our more challenging spring schedules. Current staff:

Barrington Park District  
Ms Ginger

Gurnee Park District  
Ms Donna, Ms Sandy, Ms Meredith and Ms Ginger  
& Ms Cara (Music & Memories)  
*(And thanks to the families of Gurnee who stuck with us during our difficult transition - we are humbled by your confidence in our program)*

Lake Zurich Park District  
Ms Sandy & Ms Ginger

Lindenhurst Park District  
Ms Michele & Ms Donna

Libertyville Park District  
Ms Barb, Ms Ginger & Ms Meredith  
& Ms Cara (Kreative Kids)

Warren Special Recreation Assoc.  
Ms Meredith

Vernon Hills Park District  
Ms Sandy

Bright Horizons Centers in Lake County  
Ms Barb, Ms Donna, Ms Meredith & Ms Ginger

Hawthorn Hills Community Church  
Ms Barb & Ms Meredith (1<sup>st</sup> Friends)

Village Green Montessori School  
Ms Ginger & Ms Meredith

Prairie View School - Headstart Program  
Ms Ginger & Ms Meredith

## WHAT'S NEW FOR MUSIC-IN-THE-BOX

Please welcome our newest teachers for Fall: Sara Zawila of Mundelein and Tamara Berzin of Waukegan. Sara comes to us with an impressive resume of international vocal competition (along with our very own Ms Donna) and Tamara is a pre-school teacher with studies in Music Therapy.

We are also excited about our new locations for Fall. Look for us in the brochures of the following locations and tell all your friends: Lakeview RecPlex in Pleasant Prairie Wisconsin, Mundelein Park District, Lake Bluff preschool and Round Lake Area Park District.

### **You've Got To Remember To SCORE!**

*By Ginger Acopiado*

It takes a lot to get me to promote a corporation, I am such a lover of entrepreneurs, but I have to tell all of you about a program that I have come to love through my own experience. My son was not having trouble in school, in fact the opposite was true, he was *so* ready to learn that he became frustrated with the pace at school. He wanted to go faster and farther and his teachers and I didn't know how to keep him motivated. And then I found SCORE. A little store front in Red Top Plaza - not a tutoring program like many, but a true learn-

at-your-own-pace reading and math program designed around the way kids really learn. Set up at first to look like a computer game, kids enjoy learning to read through the fabulous Headsprout reading program. Each

child works at his own computer and has access to "coaches" who wander the floor ready to assist with a child who gets stuck.

If you know of someone who would enjoy working with young children and their parents in a loving, musically intelligent environment, we want to hear from you. We are now accepting licensing applications for all US locations except Lake County Illinois.

Email us at: [info@musicinthebox.com](mailto:info@musicinthebox.com) or call us at 847-573-1901 for more information.

And the best part, they actually like to go. They can earn prizes, win contests, climb mountains, give prizes to their peers, all while learning how to be better readers, eventually better writers, and what parent doesn't like that.

So I asked the director at SCORE, what she would give you for reading my story. (A story I wanted to write, Score had no part in this article.) And she offered all Music-in-the-Box families a \$75 off the first month in addition to any current promotion they were running. If you have ever considered trying a math and reading program (ages 4 - 17) or have a child who is motivated to read - don't lose the momentum. Try SCORE, or at least go online and get Headsprout (we found it for \$99 online) for your personal computer. What a difference taking advantage of my son's internal drive to read has made. He is re-energized and ready to take on the world!

*Lake County Haven, a support organization for women and children exiting abusive relationships, is looking for your help and support. Please consider their current needs on their website:*

<http://www.lakecountyhaven.org/data/wish.htm>

*They are located next to Caribou Coffee on Milwaukee Avenue in Libertyville.*