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## Classical music for unborn babies brain development

Harvard Women's Health Watch Music has the ability to calm, energize and even improve your memory. And touching on your power is as simple as turning on your radio. Whether your choice is jazz, classic, rock 'n' roll, or hip-hop, music has unique effects on the brain, says Dr. Andrew Budson, professor of neurology at Harvard Medical School and head of cognitive and behavioral neurology at the VA Boston Healthcare System. And you can make a profit if you're playing a musical instrument or just kicking and listening to some tunes. Facebook Twitter LinkedIn Pinterest aging well related depression with age, mood and stress keep a healthy mind as you get older if you want to sign your body, head to the gym. If you want to exercise your brain, listen to music. There are few things that stimulate the brain the way music does, says a Johns Hopkins otolaryngologist. If you want to keep your brain engaged throughout the aging process, listening to or playing music is a great tool. It provides total brain training. Research has shown that listening to music can reduce anxiety, blood pressure and pain, as well as improve sleep quality, mood, mental alertness and memory. Experts are trying to understand how our brains can listen and play music. A stereo system puts vibrations that travel through the air and somehow enter the ear canal. These vibrations tickle the eardrum and are transmitted in an electrical signal that travels through the auditory nerve to the brain stem, where it is reassembled in something we perceive as music. Researchers at Johns Hopkins have had dozens of jazz performers and rappers improvise music while inside an fMRI machine (functional magnetic resonance imaging) to see and see which areas of their brains are lit up. Music is structural, mathematical and architectural. It is based on the relationships between one note and the next. You may not be aware of this, but your brain needs to do a lot of computing to make sense of it, notes an otolaryngologist. Try it out when 13 older adults took piano lessons, their attention, memory and problem-solving skills improved, along with their moods and quality of life. You don't have to become a professional, just take a few lessons. The power of music is not limited to interesting research. Try these methods to bring more music and brain benefits into your life. Start your creativity. Listen to what your children or grandchildren listen to, experts suggest. We often keep listening to the same songs and music genre that we did during our teens and 20s, and generally listen to anything other than that time. New music challenges the brain in a way that ancient music does not. It may not feel pleasant at first, but that ignorance forces the brain to struggle to understand the new sound. Remember a long-ago memory. Time. for family music, especially if it is derived from the same period of time that you are trying to remember. Listening to the Beatles could lead you back to the first moment you laid eyes on your spouse, for example. Listen to your body. Pay attention to how you react to different forms of music, and choose the type that works for you. What helps a person concentrate can be distracting someone else, and what helps a person relax could make someone else jump. Magnetic resonance imaging (MRI): A large machine that uses powerful magnets and radio waves to see inside your body. Unlike an X-ray, MRI tests do not use radiation. If you undergo this test, you'll find yourself at a narrow table that slides inside a tunnel-shaped scanner for about 30 to 60 minutes while health professionals watch from another room. If you feel anxious in small, closed spaces, ask your doctor about an open MRI that is not so close to the body. New research shows that mothers' brains produce more happiness hormones when seeing their own babies. When you look at your cute new baby, you probably feel these warm, blurring feelings that you just don't get when you see your friend's adorable baby. New research suggests that happy hormone dopamine may explain why. It makes sense: The chemicals in your brain literally make you see your baby as a small bundle of joy. And when you experience this rush of happy emotions, you are ready to provide your child with everything you need to be comfortable, confident and happy. RELATED: 30 Small ways to bond with the baby The mothers who secrete the most dopamine when seeing their own babies (vs. other babies) were more likely to provide optimal care for their babies, were more sensitive to their babies' needs, and adjusted their own behavior to meet these needs, explained study co-author Lisa Feldman Hat by email. Dopamine is allowing a mother to make more of an effort to attend to and meet her baby's needs. While it may seem obvious that a mother who feels happy more ties to her baby (and a mother who joins with her baby feels happier), knowing the exact chemical reason could provide insight for mothers who are struggling to feel a connection with their children. This research gives us an idea of where in the brain things could go wrong when a mother isn't secreting enough dopamine as well as providing some clues as to why, Barrett said. The research has also linked mother/baby binding to oxytocin –also known as the love hormone or but now, researchers can investigate both oxytocin and dopamine to try to help mothers who have difficulty relating to their babies. New dad? Signing up for our Daily Babies parenting newsletter A mother who secretes less dopamine isn't necessarily a bad mother or an inappropriate mother, Barrett noted. Instead, it means that there may be you can adjust in the mother/child relationship to make you happier for both mom and baby. Libby Ryan is an editorial assistant for Parents.com. New research on how babies learn reveals that everyday and loving interaction with caregivers is what matters most. The best thing you can do for your baby's growing brain is to answer to it, says Claire Lerner, L.C.S.W., director of parent resources at Zero to Three, in Washington, D.C. Let him know that when he cries, you'll comfort him; When he's ready to play, you'll commit him. These are powerful things. Brain imaging studies by researchers at Brown University in Providence, Rhode Island, have found that children who were breastfed exclusively for at least three months had 20 to 30 percent more white matter. This specific type of brain tissue is rich in inalin, a fatty substance that isolates nerve fibers and accelerates electrical signals within the brain. The extra growth of white matter was seen in areas of the brain associated with language, emotional function and cognition. During his son's first three months of life, helping him feel safe calms his brain, says Lerner, another national nonprofit promotes early childhood development. If your baby is picky, your touch and parenting response help calm your nervous system and prevent the stress hormone cortisol from interfering with development. Even if your child keeps crying, their efforts ensure healthy brain growth. Your baby's brain doubles in size in the first year; the cerebellum, an area at the back of the brain that controls coordination and balance,

triples in size. This is believed to be related to the amount of new motor skills that babies learn from birth until the age of 12 months. Visual areas of the cortex - most of the brain, associated with increased brain function - grow as well and help limited vision develop into full binocular vision around 4 months. Stay on top of baby hits with our Milestone Tracker parents! It creates a strong emotional bond between you and your baby that sets you up to absorb information. Sharing looks can help your baby learn language and also, more generally, about others' attitudes about the world, says Malinda Carpenter, Ph.D., a developmental psychologist who is conducting research at the Max Planck Institute in Leipzig, Germany. When your child explores a toria or a book, he's learning. His brain is trying to make sense of what he sees, hears, feels and tastes like, Lerner says. For a 3-month-old child, focusing on an object for 10 or 15 seconds is intense; is similar to an adult concentrating on a task during a Browse the table books in our parent shop. Babies are aware of the amount and quantity and are already mentally grouping things into categories by 10 or 11 months of age, says Kathy Hirsch-Pasek, Ph.D., director of the Laboratory of Children's Languages at Temple University in a They're not mathematicians, but they know when there are more or less things. Biology has made them great pattern seekers. During playtime, sort the red blocks of the yellows or grains of the small ones. At birth, your baby recognizes your voice because he could hear you in the womb. Sound provides an important sensory input; babies use it to suspect who is going down the aisle, or who is shaking them, Lerner says. They even process the tone of the voice they hear - is the voice happy or annoying? A recent study showed that even cortisol levels of sleeping babies went up if nearby adults spoke with harsh voices. Babies need iron to produce oxygen-carrying red blood cells, which help fuel brain growth. Formula-fed babies can get enough of the iron fortified formula, but if you are nursing, your little one may need an iron supplement. Babies born early may require additional iron as well. Ask your pediatrician. When you joke and jiggle your baby on your lap to make your coo, it is also stimulating your brain to release hormones that are necessary for growth. In one study, premature babies in intensive care who were caressed and had their limbs flexed for 15 minutes, three times a day, went home earlier, were more alert, and had better motor control than newborns who were touched less. Babies do a lot of communication with their body. Let's say you're making funny faces and your little one is loving it. Then stop. She can kick her legs, reach out with her arms, or lean forward as if to say: I want you to keep doing this, Lerner says. When you do, these thoughtful actions begin to be purposeful, and Baby has learned to talk with his hands and feet. Starting at about 6 weeks, babies learn by looking, report researchers from the University of Iowa, in Iowa City. In their study, they found that babies looked longer at a new object when they were first shown, and then paid less and less attention to it as the object became more familiar. Don't change toys and books too quickly, however: Researchers also found that babies who don't spend a sufficient amount of time studying a new item don't catch up too, which may affect learning later. If you want to sign up for a mommy-and-me class, choose an interactive music class. One-year-olds who took participatory music lessons-the-guy where you and your tot bang on instruments and sing along--communicate better, smile more, and show earlier and more sophisticated brain responses to music than those who simply listened to songs, a Canadian study finds. Interaction between a child's genetic makeup and early life experiences shapes the developing brain, Lerner says. Parents who make their child feel safe and provide proper learning experiences nourish their child's brain positively, with long-term benefits. Or is it to feel overwhelmed as babies have different levels of tolerance for stimulation. If your child starts crying, arch their back, or break eye contact, try a simpler toy, turn off the music, or move away from a noisy area. When a child's developing nervous system overflows, it's important that you give your brain a break, Lerner says. Playing peekaboo is a great way to teach the idea of permanence of objects - that people and things still exist even when they are out of sight. Your little one finds out you're still there, even when he can't see your face. Do you know when you're in a noisy room and feel too overwhelmed to think? That's how a background TV makes babies feel, says Dr. Hirsh-Pasek. It's as if their brain is caressing with sound, making it difficult for them to concentrate on interacting with mom or learning about their world. Let him thrive in peace! It can be disconcerting when your 10-month-old son wants to look at the same book with you five times in a row, but repetition is how babies learn. They tend to repeat behaviors until they feel they have mastered them, says Andrew Garner, M.D., president of the American Academy of Pediatrics Early Brain and Child Development Leadership Workgroup. In addition, they are like little scientists. They are trying to figure out how the world works, and have great joy and pride when they are able to predict what will happen next. From birth to age 3, connections between brain cells, called synapses, grow at a faster rate than at any other time in life. The new ones are formed daily. The more you use each one (e.g. for music or speech), the stronger this part of the brain becomes. Synapses that are rarely used remain weak and are eventually discarded by the brain. T is to start stomach time Your baby should always sleep on her back for a safe fall, but she needs stomach time daily, from birth. Initially, it strengthens the dirty motor skills your baby needs to lift your head, roll and sit, says Dr. Garner. But there can also be brain benefits. Seeing the world from this perspective could promote spatial awareness, your child's ability to be aware of their place relative to other objects or people, says Babies as young as 8 months show what we call social reference. They understand how a person feels, says Dr. Garner. When a stranger approaches, your baby will check your facial expression to see if this new person is a friend or enemy. If you look worried or distracted, it will quickly let you know that you are not happy to see that person! But if you look relaxed, you will also relax. As you know, with your baby increases speech. Exposure to verbal language also paves the way for more complicated learning, such as math skills, says Dr. Garner. You don't have to converse exclusively on goos and gahs: Narrate your day (I'm taking a shower, then we're getting groceries) or talk talk through the steps of a recipe you are making (Look at all these carrots I need to snack!). Most babies can say two or three simple words like mommy or data at 12 months. By 18 months, your vocabulary should expand to about 50 words. Respond to encourage your speech! Smooch your affection all you want! Kissing, cuddling, smiling and singing are like superfoods for your baby's brain, says Dr. Hirsh-Pasek. You're making him feel safe and loved, so he can concentrate on learning. On average, around 12 months, babies begin signaling to communicate with you. You are what your baby addresses answers and explanations. At first, he'll point out because he wants you to look at what he's seeing-- say, a very big dog. Then you will start pointing out for other reasons, such as asking questions or making requests. For example, pointing to a cookie, he's asking if he can have it. It is not surprising that during this period of faster brain growth, babies spend between 12 and 18 hours of each day postponing. Sleep plays a vital role in learning by giving your baby's brain the rest it needs to provide and be efficient. Originally published in American Baby magazine in October 2014. All the contents of this website, including medical opinion and any other information related to health, are for informational purposes only and should not be considered a specific diagnostic or treatment plan for any individual situation. The use of this site and the information contained in this document does not create a doctor-patient relationship. Always seek direct advice from your own doctor in relation to any questions or issues you may have regarding your own health or the health of others. Other.

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