

FAMILY LIFESTYLE NEWS MAGAZINE

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## Music Matters – “When Should We Start?”

As a music teacher and Studio owner, the question I am most often asked is always a version of “When is the perfect age to start music lessons for my child?” The answer is simple, right now! The explanation for that answer is a little more detailed. Children, at any age, can benefit from exposure to music. We have seen children blossom with any genre of music, so play a variety and see what makes your baby or child happy! The links between early exposure and cognitive and emotional development are widely studied and accepted, and in fact, studies have shown children with at least two years of private lessons showed enhanced cognitive control, which aids in information retention and behavior regulation. So where should you start?

I recommend parents begin playing music in your home, in your car and join a group music class as early as possible. Sing, dance and have fun! This early exposure to music assists with language and social skills and supports physical and emotional development in babies and young children. Music and movement/dance classes will certainly help your child learn rhythm and timing which aid in preparing for private instrument lessons when a little older. I usually recommend starting private lessons around age six.

Now that they are ready to play an instrument, the big question, what instrument is best? Piano is the most common instrument for beginners. New students are able to quickly make music and their confidence grows! Music theory and concepts learned on the piano can be later transferred to other instruments as your child’s skills and musical interests expand. In addition to piano, starting on instruments such as guitar (ukulele for little ones), drums, violin, and voice are wonderful for developing discipline and focus, and so many studies prove a connection to improved academic, physical, and social skills as well as improved self-esteem! In our studio, we strive to expose our students to many genres of music and then let them choose what they like, as a student of any age will want to learn and practice the types of music they like to listen to!

Simply stated, the right time for music lessons is today! Whether you are 1 month or 100 years old, music is good for your body and brain, and something that can be enjoyed for a lifetime!



*The Music Studio*  
at Vinings

[tmsvinings.com](http://tmsvinings.com)

4895 S. Atlanta Rd  
Suite 100  
Atlanta, 30339  
404.351.9722



*Cecilia Rowe is the director of The Music Studio at Vinings and has over 25 years in music education as an instructor and a local business owner. The Music Studio offers music lessons including piano, voice, guitar, drums, brass, strings and woodwinds. Lessons are taught in weekly, 30 minute sessions by some of Atlanta’s finest musicians, 7 days a week. Rowe’s commitment to providing access to the arts for all ages and ability levels led to the inclusion of family “Music Together” classes for infants/toddlers and a preschool group music class for 4 and 5 year olds as an “Intro to music” in preparation for private instrument lessons. For more information on the opportunities available to you and your child, please visit [tmsvinings.com](http://tmsvinings.com) or call 404.351.9722. The Music Studio is located at 4895 S. Atlanta Road, Suite 100, Atlanta, GA 30339.*