

## Multisensory Music

Our sense of balance or the vestibular system is the first sense to develop. It is vital for posture, movement and a sense of centre in space, a sense of depth awareness, and for timing our movements. So thinking and moving are closely linked through the sense of proprioception (knowing where we are in space).

All sensation passes through the balance system before it passes to the higher thinking areas of the brain. So hearing, seeing and touch are all linked to the balance system.

Young children and babies need lots of movement and touch activities to fully integrate the sensory system and support the higher skills of speech, reading and writing.

Crawling, rocking, rolling, sliding, stretching, turning, twirling, hopping, jumping, walking on tiptoes and using lots of props to encourage eye-tracking and hand/eye co-ordination needs to be part of normal play every day!