

Activity Tuesday

MUSIC!



Rockin' Through This Hospitalization

Why Music?

Music has many calming and motivating factors that allow for rest, excitement, and much more!

“According to Harvard Health Publications, there is a growing body of research that shows music can actually help improve medical outcomes.” - Harvard Health Publications

Research Shows That Music:

- helps patients feel less anxious before a procedure or treatment
 - decreases patient discomfort
 - reduces side effects
 - decreases levels of pain
 - improves moods
- aid in physical health & rehabilitation

Music For Infants & Younger Children

Calming Music For Children:

Kid Zen YouTube Channel - <https://youtu.be/5HrkXT5Bc9E>

Relaxing Disney Music - <https://youtu.be/l7DVd3nwdaw>

Exciting Music For Children:

Giggle Colorful Toddler Video - <https://youtu.be/SK8vLW35X2U>

Baby Shark - <https://youtu.be/XqZsoesa55w>

Disney UpBeat Music Playlist - [https://youtube.com/playlist?](https://youtube.com/playlist?list=PLOba6OKTJnLbDvwBBEwO1EaVsiICn8Svw)

[list=PLOba6OKTJnLbDvwBBEwO1EaVsiICn8Svw](https://youtube.com/playlist?list=PLOba6OKTJnLbDvwBBEwO1EaVsiICn8Svw)

Music For Older Children

Upbeat Music For Children:

Positive Pop Music For Children - [https://youtube.com/playlist?](https://youtube.com/playlist?list=PLWL1kFICHOB5Amt6T7IPawzxX4WNNyH4N)

[list=PLWL1kFICHOB5Amt6T7IPawzxX4WNNyH4N](https://youtube.com/playlist?list=PLWL1kFICHOB5Amt6T7IPawzxX4WNNyH4N)

Action Songs - <https://youtu.be/388Q44ReOWE>

Kids Bop Live Music - <https://youtu.be/amJ87z5jVAc>

Calming Music For Children:

Stress Release - <https://youtu.be/lFcSrYw-ARY>

Disney Collective Calming Music - <https://youtu.be/rvokdsrwfQg>

When Is A Good Time For Music?

Music is great for many different hospital scenarios! In a stressful and unfamiliar environment, music can be used as a key tool for calming a child or helping the child better adapt to their environment. Whether it be for a quick dance party or to go to bed, music is such an incredible resource that can impact the overall hospitalization process.

Here are some scenarios where music would help:

- calming before a treatment
- getting some jitters out before a procedure
- to assist with naps and other sleep times
- to incorporate some education in the hospital, sing a few educational songs!
 - before a long day of therapy
 - during physical or occupational therapy

*Music is a gift, so
use that gift
wisely! It helps*

@THEHOSPITALIZEDCHILD_PROJECT