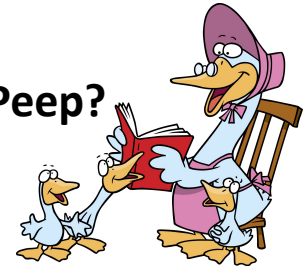


## Wait, why does my child need to know about Mother Goose, Jack and Jill and Little Bo Peep?



Nursery rhymes have been around for over 100 years, and many adults are still able to recite the tales of Jack and Jill tumbling down the hill or Little Miss Muffet being scared by the spider. However, more and more young children have never been exposed to these important rhymes. You might ask, how in the world is hearing about Little Boy Blue or Mary, Mary Quite Contrary going to help my child? Well, believe it or not, child development experts have discovered an amazing fact. **Children who know 8 nursery rhymes by heart by the time they are 4 years old are usually among the best readers and spellers in their class by the time they are 8 years old!** Here are some other ways reading nursery rhymes can help children be more successful learners.

**\*Hearing nursery rhymes can calm an upset child.** Young children, even babies, fall in love with nursery rhymes because the rhymes echo the rhythmic “beat-beat-beat” of Mommy’s heartbeat.

**\*Nursery rhymes improve language development.** The rhythm and rhyme help children hear sounds that are necessary to learn how to read. The rhymes also help grow a child’s vocabulary, which is important for comprehension. For example, in “Twinkle Twinkle Little Star”, children learn the words “twinkle” and “wonder”. Rhyming is a really important skill for beginning readers.

**\*Nursery rhymes are all about a child’s daily routine activities.** For example, rhymes refer to sleeping, eating, getting dressed, and bathing. Building routines around daily activities can help children feel more secure because life is predictable.

**\*Nursery rhymes are good for brain development.** Learning rhymes helps build memory skills that can be applied to all sorts of lifelong activities.

**\*Learning nursery rhymes improves confidence.** When young children can fill in the missing word to a rhyme or even recite the rhyme all by themselves, they feel proud. For some children, it makes them feel like they are “reading”. Nursery rhymes provide a connection with movement (clap or act out rhyme), rhythm, and words.

**\*Believe it or not, snuggling up with your child and reading nursery rhymes is a fun way to have a very positive effect on your child’s future success in life!**