

**ACTIVITY OF THE MONTH  
SEPTEMBER 2018**

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Hi! We are beginning a new school year and we're so excited to see how the children grow and learn. One of the first concepts we will cover this year and will continue throughout the year is "steady beat". Researchers link the ability to keep a beat to reading and language skills. <https://medicalxpress.com/news/2013-09-importance-link-ability-language-skills.html>

There are many ways you can reinforce the steady beat with your child at home. Beginning with babies, bounce them on your lap as you recite a rhyme or sing a favorite song. This will help them internalize the feeling of the beat. You can also tap the beat on their bodies. As your child grows, continue by marching, jumping, clapping, tapping and moving to the steady beat each time you hear music. Here is an example of how you can help your child experience the steady beat.

Pair up with your child and keep a steady beat with this "patty cake" type rhyme. Pat your legs two times and clap each other's hands two times and repeat the pattern while reciting the rhyme.

*(pat) (pat) (clap) (clap)*  
Peasporridge hot (rest)!  
*(continue with same pattern)*  
Peas porridge cold (rest)!  
Peas porridge in the pot  
Nine days old (rest)!  
Some like it hot (rest)!  
Some like it cold (rest)!  
Some like it in the pot  
Nine days old (rest)!

Note: The "(rest)" is a beat of silence (no words). In this activity you will still clap each other's hands on the fourth beat, but don't say a word!