

**FOR IMMEDIATE RELEASE**

Contact:

Mikalia Bradberry

bradberry.mikalia@macphail.org



**Nationally Published Study Shows Integrated Music Program Helps Preschoolers  
Regulate Behavior and Prepare for Learning**

*MacPhail Center for Music's Learning with Music Program Trains Educators to  
Incorporate Music throughout Daily Activities*

**Minneapolis, MN** – September 8, 2022. A [study](#) published in the Early Childhood Research Quarterly, a leading academic journal in the early childhood and development field, confirms that early childhood music interventions in preschools improve children's learning potential and functioning skills, especially those living with economic stressors.

The idea for the research dates to 2004 when Dianna Babcock, Director of the Sing Play Learn with MacPhail® program posed the questions, "What would happen if we trained teachers to use music throughout the day in preschool classrooms? Will it help ease transitions so that children are better able to focus and regulate their behaviors?" Her hypothesis led to the development of the Learning with Music teacher training program.

Ten years later, in 2014, a formal research project was developed and overseen by Eleanor D. Brown, PhD, Professor of Psychology and Director of Early Childhood Cognition and Emotions Lab (ECCEL), West Chester University, PA. The study culminates in exciting results published April 1, 2022, citing the potential for early childhood music programming to help children regulate behavior and emotions when music becomes a meaningful part of the classroom's culture.

The study was conducted over a three-year time frame three to examine how integrating music throughout daily activities promotes self-regulation and support positive development for children. Participants of the study included 191 students ages three to five years old, who faced economic hardship at four preschools in the Twin Cities that use MacPhail's Learning with Music program.

"This is the first rigorous investigation to demonstrate that this type of music intervention can advance self-regulatory skills for children placed at risk by poverty," said Brown. "Music cannot erase the impact of poverty but may provide a strength-based approach to supporting children's positive development in the face of adversity."

This study is unique in its approach as it focused on training the classroom teacher to incorporate music into daily activities rather than providing supplemental music or arts programming. This “train the trainer” type approach results in a model that can economically be scaled and duplicated across different schools, in different areas, and for different cultures.

### **Learning with Music**

MacPhail’s Learning with Music is an innovative, evidence-based music integration program developed to promote school readiness and self-regulation skills for young children.

This unique program trains early childhood educators to integrate music throughout their classes’ daily activities. As children learn to use music to help regulate their behavior and emotions, music becomes a meaningful part of the classroom’s culture.

"Investing in high-quality early childhood education and development for our most vulnerable children is one of the best public investments we can make," said Art Rolnick, Associate Economist, University of Minnesota, and advisory committee member of 'Learning with Music' for MacPhail. "This research shows that the MacPhail Center's music approach to early education is an astounding success."

For more information on the study and learning with Music, visit [macphail.org](http://macphail.org).

### **About MacPhail Center for Music**

MacPhail Center for Music is the nation’s largest center for music learning and performance and one of Minnesota’s top ten arts organizations. Since 1907, MacPhail Center for Music has been providing meaningful opportunities for people and is committed to transforming lives and strengthening communities through music learning experiences that inspire. Each year, MacPhail offers programming to 15,000 students of all ages, backgrounds, and abilities, at locations in Minneapolis, White Bear Lake, Chanhassen, Apple Valley, Austin, and Madeline Island, WI., as well as 103 community partnerships across the Twin Cities. An industry leader in online music education, MacPhail’s Live Online and Online School Partnerships programs have reached students for the past ten years. MacPhail has a 115-year history of excellence, promoting life-long learning and building long-term relationships between students and teachers. For more information, visit [macphail.org](http://macphail.org).

### **About Sing Play Learn with MacPhail® and Learning with Music**

The Learning with Music program is part of Sing Play Learn with MacPhail’s Community Partnership offerings. These partnerships provide young children with unique learning opportunities by supporting schools, childcare centers, or community organizations with MacPhail’s musical expertise, resources, and/or instruction. With over 50 years of experience and an award-winning curriculum, MacPhail’s renowned faculty work with community partners to create hands-on, engaging music experience tailored to the classrooms specific and unique

goals. Partnerships can include unique teacher-training or parent education opportunities.

*“Music offers children a different way to use their brains and expand their learning. We hope to keep this partnership going.” Judy Ohm, Director, Wilder Development Center*