

The benefits of

Nursery Rhymes

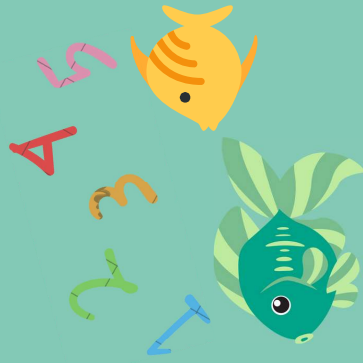
Most of us have grown up singing nursery rhymes, but have you ever stopped to think about how they may help a child's development? Here's just a few of the many benefits!

Early language development

Through nursery rhymes, children learn a wide vocabulary, practice making and differentiating between speech sounds, and gain a better understanding of rhythm, volume and intonation

Social skills

From singing with an adult, children learn joint attention skills, turn taking, eye contact and following the actions of others – all of which help in their play and interactions with other children



Later academic achievement

Nursery rhymes often involve counting, addition/subtraction, shapes, complex vocabulary, alliteration, rhyme and the sequencing of stories. These all have a positive impact on early literacy and numeracy development.

Knowledge about the world

Nursery rhymes cover a wide range of topics which help to develop a child's knowledge and understanding about the world. For example, learning about different animals and the sounds they make, the night sky, the human body... and so many more!

#worldnurseryrhymeweek

Emotional regulation

Many of us use nursery rhymes to soothe babies and young children when they are upset. This co-regulation forms the basis of children learning their own emotional regulation skills.

Relationship building

Nursery rhymes are sung with children from an early age, helping to develop their attachment and feeling of security with the adult. Positive attachments early in life shape how we form relationships with others when we are older.

Motor skills

Nursery rhymes often involve actions which help to develop a child's fine and gross motor skills and their coordination. Think how tricky it was to learn the finger actions for 'Incy Wincy Spider' when you were little!



Experts in literacy and child development have discovered that if children know eight nursery rhymes by heart by the time they're four years old, they're usually among the best readers by the time they're eight. – Mem Fox, Reading Magic.