

The Caxton Press
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Media Release

Moving to Learn

Making the Connection Between Movement, Music, Learning and Play

Robyn Crowe & Gill Connell

RRP \$44.95 [this includes a 308 page book plus a 67 track CD]

Obesity, learning and behavioural problems may be avoided if parents are more aware of the importance of movement, music and play, particularly during the first three years of life when brain pathways and patterns are developing.

Current exposure and discussions on the impact of obesity and lack of fitness in young children and its effect on their health, gives no mention of how this will affect learning. A new book [with accompanying CD] titled **Moving to Learn**, by Robyn Crowe and Gill Connell and musician Kate Hanratty, does just this. Not only does it get children moving again with many fun, simple ideas to enhance learning through movement, songs and activity but it gives parents, carers and educators important information on their child's development. **Very importantly, this can all be achieved at little of no cost, within your own home or outside environment!!**

Research tells us that there is a strong correlation between physically co-ordination and learning in the classroom. There is evidence that children who have difficulty with reading and writing are the children who have poor coordination and usually cannot hop or skip. Many other children have the inability to sit still (often due to poor balance), have difficulty following instructions (due to processing issues) or an inability to use a pencil (lack of fine motor development). This trend begins from birth.

Many children in their preschool years are not as physical as past generations. They are driven in cars and they don't seem to climb trees as often. Bars and swings are being taken out of playgrounds. Preschoolers are often being plonked in front of a television or computer screen rather than romping in the sandpit, throwing a ball or playing outside. All this lack of movement means children are spending less time crawling, exploring and preparing the brain for formal learning.

Babies and toddlers need to spend time moving and discovering on the floor. It is in the first three years of a child's life where all this begins...from birth. We need to encourage our children to run, jump, swing, play and sing. If we are in a hurry to rush our children into walking and being upright, then the preparation required for formal learning is not completed and it is possible children will not achieve to their genetic potential.

Moving to Learn is the manual your child didn't come with, and is available in all leading bookstores from late September, early October.