

A photograph of a baby crawling on a white surface, smiling and putting its hand in its mouth. The baby is the central focus of the left half of the cover.

The Mozart Effect[®]

Music for Babies



Volume 3
Daytime Playtime

"The very best toy for a child is a loving adult." — Fred Donaldson, author of the Pulitzer Prize-nominated book, *Playing by Heart*

What are your happiest childhood memories? For many adults, we remember "playing" . . . whether it was playing house, playing school, playing Barbies or cars -- maybe "kick the can" on a hot summer night, hide and seek, even blowing and chasing bubbles. Playing puzzles on the floor, building a fort under the dining room table, playing dress-up with Grandma's old clothes -- childhood was simple in those days. You had only a few responsibilities: school, perhaps a few chores around the house and then it was your job to "go and play."

We didn't realize at the time that we were learning so many of our basic life skills from our play experiences. Expression, creativity, empathy, compassion, imaginative problem-solving, negotiation, trust, cooperation, concentration and compromise are skills acquired during play. Our personalities are shaped as we learn to effectively communicate, deal with emotions and feelings, and discover outlets for self-expression. Our social, intellectual, emotional and physical skills develop through healthy, safe and creative play.

"Play, more than any other activity, fuels healthy development of children and the continued healthy development of adults."

— Perry et al, *The Child Trauma Academy*

According to the Institute for Play, play is a part of our basic human nature. We are biologically designed to play throughout our entire life cycle, starting in infancy. Once a child is safe and well-fed, she/he inevitably will play. In early infancy, play begins as the mutually engaging, joyful, rhythmic, verbal and physical activity that occurs after feeding. It reinforces the foundations of trust between parent and child, and is universally pleasurable. Older babies develop more complex play signals such as smiling, cooing and clowning that interlace joy with continuing complex socialization.¹

"Play has been transformed into work." — David Elkind, author, *The Hurried Child*

Play is the cornerstone of a healthy childhood. Remember, in the busy-ness and structure of life to allow and encourage adequate time for unstructured play. Play does not need to be goal-oriented, nor professional, nor competitive. Children should be invited to play just for play's sake.

An Invitation to Play by O. Fred Donaldson, Ph.D.

The ability to play with the world is like gazing at a star-filled night sky. If we see with only our eyes we can only see what's there; but when we "look twice" and see with our hearts, then we can realize the first essential of play practice, which is to appreciate the magnificent beauty that provides the "Ah!" of life.

When we play we are not limited by what is there. Antonio Stradivari saw violins in discarded, waterlogged oars. Debussy heard mermaids in sea waves, and Tchaikovsky imagined the earth moving through space when he heard a deep bass note. This childlike perception of reality does not imply childishness, but rather an immersion in experience that most adults have abandoned.

In our play there is no leader, no follower. In the same way, a musician or dancer embodies the inspiration of a conductor, who in turn creates a new musical score. Creator and created merge in an unending creative, reciprocal play.

Mozart is not just for adults, and play is not merely "kid's stuff." Play and Mozart are to be shared together. The majestic beauty of his music inspires a breathless kind of play, adding yet another "Ah" to our lives.

Play is a pattern of belonging that connects all life, finding voice in whales, wind, and music, children, saints and musicians. We are fortunate that the universe provides us with a myriad of enchanting openings to play through which we can explore its simple gifts and small wonders. **How wonderful the universe's invitation to play.**

*Fred Donaldson pioneered the study of Original Play, having researched the subject with children, adults and wild animals over the past 25 years. He is the author of the Pulitzer-Prize nominated book, **Playing By Heart**, and has authored numerous articles on Original Play.*

"...the 'Mozart Effect' is for real" — Gail Sachson, *People Newspapers*

Wolfgang Amadeus Mozart was often called the eternal child. His playfulness, joy and genius created some of the most inspiring music ever written.

Mozart began listening to music long before he was born. His father, Leopold, was a great musician and often played the violin for his unborn son. When Wolfgang was born in Salzburg on January 27, 1756, he was immediately immersed in a world of music. By the time Mozart was four years old, he was already beginning to compose and play for his father's important friends in the royal court.

By the age of eight, Mozart was writing great music and in his short life of nearly thirty-six years, he wrote more than six hundred major compositions, including operas, symphonies, concerti and great works for choir.

Share Your Play Experience with Us!

Once you and your baby have enjoyed listening to this recording, please take a moment to share your play experience with us.

Send us an email to play@childrensgroup.com or go directly to our Play Experience page at www.childrensgroup.com/Play. We'd like to know:

- How did the music on this recording enhance your playtime experience?
- Did you and your baby play with toys or props? How did you "construct" your playtime?
- Did baby play alone or with you or others? Were other children or adults present? How did the music affect their play experiences?
- What time of day were you listening and playing? Did you find that your baby was particularly alert, average or sleepy?
- What do you recall most about your play experience?
- Would you recommend this recording to other parents?

We hope that this recording has enhanced your playtime experience. Your feedback will inspire us to create more and better musical collections for your developing child.

¹Reprinted with permission. For more information about the Institute for Play, visit www.instituteforplay.com. For more information about Original Play, visit www.originalplay.com. For more information about The Child Trauma Academy, visit on-line at www.childtrauma.org.



- 1 **Rondo alla Turca, K.331 (3:54*)**
Arr. R. Lafond
- 2 **Clarinet Quartet in B flat Major, III, K.317 (4:12**)**
Members of Danubius Quartet
Jozsef Balogh, conductor
- 3 **Divertimento in D Major, III, K.205 (3:13**)**
Capella Istropolitana,
Richard Edlinger, conductor
- 4 **L. Mozart, The Toy Symphony, I (3:29***)**
- 5 **Flute Concerto No. 1 in G Major, III, K.313 (7:31**)**
Capella Istropolitana
Herbert Weissberg, flutist,
Martin Sieghart, conductor
- 6 **Cassation in B flat Major, I, K.99 (2:42**)**
Salzburg Chamber Orchestra
Harald Nerat, conductor
- 7 **Clarinet Quartet in F Major, III, K.496 (3:52**)**
Members of Danubius Quartet
Jozsef Balogh, conductor
- 8 **Flute Concerto No. 2 in D Major, III, K.314 (5:30**)**
Salzburg Chamber Orchestra
Harald Nerat, conductor
- 9 **Cassation in D Major, VI, K.100 (2:40**)**
Salzburg Chamber Orchestra
Harald Nerat, conductor
- 10 **Rondo in D Major, K.382 (9:44**)**
Centonus Hungaricus
Jeno Jando, Piano,
Matayyas Antal, conductor

The music on this recording has been specially selected so that the tempos, key signatures and texture of the music change with each selection. The recording is designed to withstand repeated listening to facilitate, enhance and engage your baby's active playtime.

To gain maximum benefit from this recording, remember that playtime with your baby should be motivating, fun and inspire imaginative play. You can guide your baby's play with creative and colorful tools and toys, but let your child choose freely to participate. If you ensure that your child is actively engaged, both you and your baby will enjoy a musical, magical, marvelous play experience enhanced by the music of Mozart.

Always play your baby's Mozart recordings at a moderate volume.

This recording was inspired by Ashley Madison Kardos whose mother, Kimberley, plays The Mozart Effect Music for Babies CDs every afternoon for Ashley's "playtime."

* Courtesy of Brennan Productions Inc.

** Courtesy of HNH International Ltd.

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The Toy Symphony is available on Laserlight CD#15386,

Peter and the Wolf, narrated by Jack Lemmon

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The Mozart Effect®

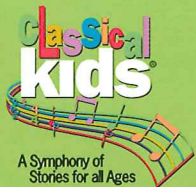


The benefits of Mozart's music on early childhood development have been successfully documented over the past forty years, including author and producer Don Campbell's best-selling books, *The Mozart Effect*® and *The Mozart Effect for Children*.

Mr. Campbell is an accomplished author, musician, lecturer and teacher. His latest book, *The Mozart Effect for Children – Awakening Your Child's Mind, Health and Creativity with Music*, includes a comprehensive summary of the latest research in music, health and education for children. His books, *Introduction to the Musical Brain* and *Rhythms of Learning* are used by parents and educators throughout the world. For seven years, he taught children from sixty countries at St. Mary's International School in Tokyo.

Learn more about the remarkable benefits *The Mozart Effect* can bring to you and your family. Read *The Mozart Effect for Children* (ISBN 0-380-80744-0) and *The Mozart Effect* (ISBN 0-06-093720-3) now available in paperback from Morrow/Avon, available through your local bookseller or call 1-800-242-7737 in the U.S. or 1-800-387-0117 in Canada to order. Visit Morrow/Avon on-line at www.HarperCollins.com

For more information about other books and recordings by Don Campbell, contact *The Mozart Effect* Resource Center, 1-800-721-2177 or www.mozarteffect.com



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Studies show that classical music has a powerful effect on the intellectual and creative development of children from the very youngest ages.

Your baby's social, intellectual, emotional and physical skills develop through safe, healthy and creative play. Using the music of Mozart to enhance your baby's playtime helps to develop important life skills, like:

- expression • creativity • imaginative problem-solving
- co-operation • concentration • compassion • empathy • trust

Don Campbell, musician, teacher and author of the best-selling books, **THE MOZART EFFECT®** and **THE MOZART EFFECT FOR CHILDREN**, has selected some of Mozart's best music to facilitate, enhance and engage your baby's active playtime.

Based on the most recent scientific and psychological research, the compositions on this recording have been carefully selected to provide a rich and engaging play experience for very young children and their parents.

Featuring world-class performances of some of Mozart's best-loved compositions, including Rondo alla Turca, Clarinet Quartet in B flat Major, Flute Concerto No. 2 in D Major, Rondo in D Major, Divertimento in D Major, Cassation in D Major plus music young Wolfgang may have heard when he was a baby: his father Leopold's composition, The Toy Symphony.

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"Don Campbell is
the Dr. Spock of music."
— Elaine de Beauport, Ph.D.,
founder, Mead School,
author, *Three Faces of Mind*



Approximate running time: 47 minutes
Recommended listening for ages 3 months through 3 years

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