



why re-enroll?

A recent study found that repeated enrollment in Kindermusik improves a child's ability to plan, guide, and control their own behavior.

- "Children currently enrolled in Kindermusik showed higher levels of self-control than those never enrolled and those previously enrolled. ...This suggests that in order for children to reap the benefit of increased self-control as a result of Kindermusik participation, it is important to have repeated and recent Kindermusik experiences and remain enrolled in the program."
- "Four-year-old children who had been exposed to Kindermusik for longer periods of time are better off in terms of self-control—namely a child's ability to plan, guide, and control their own behavior—than similar children with less Kindermusik history."
- "These experiences, stop-go, high-low, fast-slow, short-long, and loud-soft, whereby children's motor behavior is guided by the music, appear to be good exercise for young children's emerging self-regulatory skills."



The study, "The Effects of Kindermusik on Behavioral Self-Regulation in Early Childhood," was conducted in 2005 in the psychology department at George Mason University in Virginia.

Results were made available to Kindermusik in May, 2005. The study was conducted by Adam Winsler Ph.D and graduate student Lesley Ducenne in the Department of Psychology at George Mason University.

The 15-month study included 91 children between the ages of 3 and 5 who were split into three groups: 23 students currently enrolled in Kindermusik, 19 students previously enrolled in Kindermusik, and 49 students of similar family backgrounds from local preschools who had never had Kindermusik.

The children were observed doing a variety of tasks that required self-control such as slowing down their motor behavior, delaying their gratification, refraining from touching attractive but forbidden toys, quietly whispering, and compliance with instructions to initiate or stop certain behaviors. Parents also completed surveys.

The study was supervised by Adam Winsler, Ph.D, Applied Developmental Psychology in the Department of Psychology at George Mason University.