In this month’s “Healthy Baby/Healthy Child” column written by Dr. Sabrina Fernandez, we have a thoughtful article that delves into evidence around early childhood exposure to music and brain development. This was a fascinating read personally as I often listen to classical music in my home or work office during the day while writing and editing. Coincidentally, I am also currently reading the biographies of two composers well known in American history—Aaron Copland and George Gershwin.2

Like Dr. Fernandez, my dad played cornet in the high school band, and I played sousaphone only after starting on the cornet but switching to the sousaphone because my junior high school did not have any sousaphones. Whether it was the Beatles, Beach Boys, or Stephen Tyler and Aerosmith, I always loved music and I think as Dr. Fernandez outlines so well, I benefitted a lot from it as it made me a better and more thoughtful listener. My children have all enjoyed music since they were young and now appreciate listening to music with their children.

If one-half of the research that Dr. Fernandez presents about the beneficial effects of music exposure to infants and children is true, it makes sense to provide that information to families in clinical and office settings. My daughter-in-law, Donna, who sang in a band when she was growing up, also told me about some of the products available for “fetal exposure” to music such as specialized mini speakers that a mother places on her abdomen that plays soothing music and sounds via a phone app. One study, comparing fetal exposure to music versus noise in rat pups, suggested that music exposure during the developmental period may have positive effects on neurogenesis of the motor and somatosensory cortex.3

REFERENCES