

## BIO

Sandra Stegeman is a gifted educator specializing in early childhood development programs. She possesses a deep love of children as well as an intuitive awareness of how they learn.

Sandra draws on over 10 years of experience teaching and translating both within a structured public school environment and within a more free-thinking environment of a Montessori school.

Recognizing the relatively narrow window in which children effortlessly learn a new language, Sandra created the Music and Mariposas program. The program is based on growing research that shows that when music, movement and language are combined, the benefits to early childhood development are incalculable both intellectually and psychologically. The Music and Mariposas program capitalizes on Sandra's bilingual background as well as her musical talent. She instituted this program while at the Country Day Montessori School which met with overwhelming and resounding success.



**Music & Mariposas**  
Sandra Stegeman  
7813 Belk Lake Road  
Apex, NC 27539  
Phone: (919) 662-1312  
Cell: (919) 610-4229  
E-mail: sandstjo@nc.rr.com

# *Music & Mariposas*

*Taught by  
Sandra Stegeman*



## OVERVIEW

Music and Mariposas is a Spanish and music education program designed for Daycare and Preschool aged children.

An interactive 30 – 45 minute program, Music and Mariposas is designed to stimulate young minds using fun and music to promote learning and encourage retention as well as enhancing rhythm and coordination.

### SPANISH

- **Basic words**  
(Color, days, months, clothing, etc.)
- **Vocabulary**  
(Using flash cards)
- **Simple commands**  
(Please wash your hands., etc.)

### MUSIC

- **Singing**  
(Folk, Spanish and English songs)
- **Instruments**  
(Maracas, guitar)
- **Dancing**  
(Rhythm, movement, free dance)

## LINK BETWEEN MUSIC, LANGUAGE AND EARLY CHILDHOOD DEVELOPMENT

Music education, particularly learning to play an instrument, has been found to have many benefits for cognitive development. Music can enhance our ability to think and reason. According to the American Music Conference (Boswell, 1985), researchers have linked active music making with increased language discrimination and development, improved math ability, improved school grades, better adjusted social behavior, and improvements in spatial temporal reasoning. – "The Music, Movement, and Learning Connection": 2006 by Foley, Mary B

Researchers have found that music and movement programs have a positive impact on child development for children between birth and their primary school years in many of the developmental domains. Singing songs to children and with them will teach them about beat, tones, and lyrics which are all important in developing auditory discrimination. – Wikipedia

Music and language are complimentary, and both are crucial for a child's development. By combining the two, the child enjoys a benefit far greater than just the sum of the parts. – Music Lingua

Exposing your child to a second language at certain critical stages can actually change the way your child's brain is structured by forming connections that otherwise would not be formed. These connections seem to be not only necessary for learning language, but are beneficial in many other academic areas: study after study shows that students who have studied a second language do better in other seemingly unrelated areas such as mathematics and logic.

## TESTIMONIALS

*"Hardly a day goes by that we don't hear our boys singing some new song, or practicing new Spanish words or phrases. Ms. Sandra definitely brings the kid out in our kids, singing, dancing and laughing. The boys often don't want to leave school, they have so much fun with her."* – Paul B Marsland

*"Ms. Sandra has been a wonderful influence exposing my daughter to different musical instruments, especially the guitar. She tells me almost every day how much she enjoys watching Ms. Sandra play the guitar and singing with Ms. Sandra while she plays guitar. Now she wants to learn how to play on her own guitar. I'm really grateful that Ms. Sandra has introduced love of music, particularly instruments, to my daughter."* – Ericka Hart

*I have two children in Country Day Montessori School who love Ms. Sandra very much, especially her Spanish and Musical classes. I'm very impressed that the children enjoyed so much late in the afternoon when they are supposed to be tired. Not only Ms. Sandra's Spanish and Musical classes that I'm impressed with, but also her love, patience, and discipline to the children.* – Jitty Gu

*Aiden loves to sing me the songs he's learned from Ms. Sandra, and Brandon teaches me a new Spanish word almost every day! We are so excited Brandon will be able to use his Spanish when he goes to his new International Baccalaureate elementary school next year!"* – Mrs. Ford

*"Ms. Sandra is a wonderful teacher. her music enriches the children's lives! Our children LOVE her guitar playing, group singing, games and dancing. At night they enlighten us with new songs and a big smile. Ms. Sandra, many thanks for introducing our children to the right tones in a joyful learning atmosphere. Your music makes the world a little brighter!"* – Patricia Schrijver