

Creating Magic with Music!

Music Therapy

Mackenzie listens to the Music Therapist play the guitar

GET THE FACTS!

Benefits of Music Therapy include:

- Reducing the symptoms of pain, anxiety, depression and nausea.
- Lowering heart rate, blood pressure and breathing rates.
- Facilitates contact and interaction with others.
- Strengthens a child's abilities by activating the cognitive and linguistic spheres of the brain.
- Supports communication and self-expression without words.

"As a Music Therapist at The Darling Home for Kids, spreading joy is the most rewarding part of my job. I remember one client engaging in a long vocal improvisation (almost 45 minutes!). He was singing, making eye contact and realizing that I was singing in response to his music...it was a true musical connection. The children respond so well to the music, and it is a wonderful experience to be able to interact with them in a meaningful way. When they smile in response to an instrument or song, there is no greater reward."

- Sommer Johnson, Music Therapist,
The Darling Home for Kids

MACKENZIE'S STORY

Mackenzie has been diagnosed with three rare genetic disorders. Now 14 years old, she has been going to The Darling Home for Kids since she was five. As a result of her condition, her skills have regressed and her world has gotten smaller. It has now become about providing quality of life for Mackenzie. Throughout her journey, music has always been a constant for her. She is non-verbal, so she can't express her feelings with words - but with music Mackenzie doesn't have to speak. She has the opportunity to connect with other people through music; she can feel it and she uses it to communicate her happiness. Music helps her feel safe in different settings and is a calming distraction when she is upset. Mackenzie can't run or skip and do things that other children can do, but she can pick up an instrument and create music with it. Music Therapy at The Darling Home for Kids is a wonderful program as it helps to bring a big part of Mackenzie's world back to her.

At **The Darling Home for Kids**, music and musical activities inspire our children and promote well-being. From singing songs, playing instruments and exploring different sounds, this therapeutic program is thoroughly enjoyed by the children, who respond to music in ways that exceed their responses to everything else.

For those children who are non-verbal, **Music Therapy** offers them the opportunity

to express their feelings, to connect, and to interpret life through music.

Recognized as a "universal language," this therapy gives a voice to our children, and a form of self-expression that is truly priceless. The simple act of listening to music, hearing the dancing of chimes outside the window, or using the smallest swipe of your hand to strum a guitar, uplifts our children and gives them a sense of peace and tranquility.

Music can be an expression of love, vulnerability, strength, and passion. It is our philosophy that every child be given the opportunity to thrive, in an environment that celebrates their individuality and allows them to express themselves freely. Through innovative programs such as Music Therapy, The Darling Home for Kids is offering medically fragile and technology dependent children unique and therapeutic experiences, each and every day.

Therapy sessions at the Home include one-on-one sessions as well as group sessions, all of which are provided by our trained Music Therapist. Each session is customized based on the children participating, their musical preferences and unique therapeutic goals. Each year The Darling Home for Kids strives to provide over 168 hours of music therapy across 42 sessions, as we engage children across all of our core programs - respite, palliative and residential care.

To learn more please visit us at
www.darlinghomeforkids.ca



Bruno is all smiles when he strums the guitar strings

Ryder listens and feels the beat of the drum