

Amodal sensory properties can

Reduce Stress Response



When a stress response occurs, it activates the sympathetic nervous system and increases cortisol, inhibiting coping, learning, and caregiver attachment.

Music is an afferent sensory stimulus that can be a key ingredient to reducing early childhood stress responses.

Music can be less alerting to young children's neurological systems using amodal properties of afferent sensory information.

Our brain and body work together to process afferent sensory information through voluntary and involuntary responses.

Coordinating amodal properties in the music helps young children manage, process, and regulate to new sensory information using their eyes, ears, body, and brain.

Matching visual stimuli (e.g., adult caregiver body or musical instrument movements) with auditory stimuli (e.g., tempo of singing) creates amodal properties, which are less alerting to young children's brains.

Adult caregivers' sensory regulation is important to support a decreased stress response and subsequent regulation in young children.

Music therapists can use amodal sensory properties to help infants, young children, and their caregivers adjust and adapt their body and brain responses to build stronger relationships.



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