

Also available in this series...



to calm and settle both babies and adults alike...

Performed by the Music for Dreaming ensemble

Flute Prudence Davis

Viola Trevor Jones

Harp Julie Raines

Viola Isabel Morse

Violin Rudolf Osadnik

Cello Sarah Morse

The above musicians performed courtesy of the Melbourne Symphony Orchestra

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Conceived & Produced by Cherie A Ross

Engineered & Mixed by Ern Rose, Metropolis Audio

Arranged & Conducted by Peter Sullivan

Mastered by Don Bartley, Studio 301

Sound Impressions PO Box 37 South Yarra VIC 3141 Australia www.musicfordreaming.com

Settling Tips

Prior to birth

Hearing is the first sense a baby develops in the womb at only seven months. Start playing the music during your pregnancy, while relaxing, so that its rhythm and tone create a familiar and secure environment once your baby is born.

Once baby is born

- Introduce the music at a specific time when your baby is content and secure i.e. while feeding. This will help to reinforce a positive association.
- Routine is essential in establishing sleep patterns. Play the music during your baby's sleep times for at least ten consecutive days.
- Humming to your baby when settling is more soothing than singing.
- Close your eyes so your baby will imitate your body language.
- Use long, gentle, downward strokes from head to toe creating a calming experience.

music for
dreaming

Music for Dreaming has been created especially for babies and adults so that they may feel comforted and nurtured. I would like to share with you some insights from scientific research that form an integral part of this music.

Music can have a profoundly natural therapeutic effect on the listener. The pure sound of this music is created by a direct interaction between musicians and traditional instruments, not with synthesised sound produced by electronic means. Musicians breathe life and expression into the notes, creating a rich harmonic quality, we find so peaceful. Lullabies, in particular, are recognised for their ability to produce feelings of calm and restfulness.

These lullabies were arranged as one continuous piece and produced to be played softly to have a constant, calming effect. We all, babies and adults alike, react whether awake or asleep, when a different sound is introduced into our surroundings. The uninterrupted gentle flow of this music leaves you free to relax and dream.

We perceive sound before we are born. At only seven months, within the womb, the unborn baby is aware of the regular rhythms and pulsations of the internal world, and the sounds of the external world, especially the tone of the mother's voice.

The flute, strings and harp have been selected for their ability to recall the comforting characteristics of the womb. The flowing and percussive nature of the flute and harp echo the body's rhythm. The strings represent the warmth and fluidity of the internal environment. To portray the sounds of the external world, the melody is held by the flute, the instrument closest to the voice in its function and tone.

Vocals have not been used in this recording as research has shown that babies are most responsive to their parents' voices. Humming along to a lullaby enhances the soothing quality.

Sshh. Listen ... Sweet Dreams.



Cherie A Ross

"I played the music while I was pregnant, and at the hospital during labour. Music for Dreaming is still doing wonders, better than any dummy for settling. Your music signals our quiet time or bed times. Hayden was born to it, now he's growing with it."

Teresa Thomas, Mother – Queensland, Australia

"We are very selective in the music we choose so it is reassuring that Music for Dreaming is backed up by respected research."

Neo-natal Unit – Royal Children's Hospital, Melbourne, Australia

"At least nine out of ten babies settle almost immediately by this music...We also teach deep relaxation therapy to the mothers, and again we use the music for that."

Mother-Baby Unit – Northpark Hospital, Victoria, Australia

"We have found Music for Dreaming a most useful tool in Family Centre work. The music has a calming effect on most babies and children. It is fascinating to watch a restless, crying baby settle to this music."

Evelyn Tritschler, Nurse – Plunket, Christchurch, New Zealand

"We have used Music for Dreaming in our neonatal nurseries and have found it to be helpful for soothing babies who are distressed... We like the quality of the sound, the smooth transitions from tune to tune, and the way the rhythm seems to fit comfortable physiological patterns"

Winnicott Baby Unit – St Mary's Hospital, London, UK