



Dear Families,

The music department is seeking support from public, private, and corporate sources in order to provide scholarships for adapted music lessons. PCDA receives the majority of its funds from the Regional Center for its programs and services. Unfortunately, budget cuts have reduced these funds FY 2009/2010. Currently, the adapted music lessons program is not being funded through the Regional Center and only a few families can afford to privately pay for the lessons. Our goal is to increase the number of students through community outreach, offering scholarships to families in need.

Often times, parents of children with special needs become doubtful of the achievements their children can accomplish. The adapted music lessons program helps parents gain pride and a sense of hope as their children dedicate themselves to practicing and learning a musical instrument. This program means giving children a chance to acquire a skill, which may bring a lifetime of pleasure and enjoyment. As a therapist, one of the greatest rewards is the look of accomplishment and pride on the face of a child when they have achieved a goal.

Please join in sponsoring a child for Adapted Music Lessons at PCDA. The children and families who receive this service will greatly enjoy and appreciate the ability to learn an instrument as well as boosting their child's confidence and self-esteem!

For more information on this program and sponsorship opportunity, please refer to the following pages.

Sincerely,

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*Sponsorship Opportunity*

Adapted Music Lessons

Need: Some children with autism or other developmental disabilities respond with great interest and enthusiasm to music; however, they are often not able to participate successfully in typical music lessons. The Board Certified Music Therapists at PCDA provide a very successful program of teaching a child to play an instrument or to sing, using specialized teaching tools called “Adapted Music Lessons.” While learning new musical skills, each child also increases their ability to share attention and work through challenges, which results in wonderful sense of accomplishment and increase in self-esteem. Board certified music therapists utilize specific techniques to help children overcome their disabilities and use their interest in music to be creative and enjoy a new skill. Unfortunately, many families are unable to afford these lessons.

Service: Children are seen for one hour individual Adapted Music Lesson/week. Our music therapists specialize in adapting instructional methods based on the child’s individual strengths and learning styles in order to maximize success.

Amount: \$1570 will provide individual Adapted Music Lessons for a child through six months of weekly lessons. Please donate any amount towards our Adapted Music Lessons scholarship fund. Your contributions will be greatly appreciated.

Please mail your tax deductible donation to:

Pasadena Child Development Associates, Inc.  
Attn: Music Department (Sponsorship for lessons)  
620 N. Lake Avenue. Pasadena, CA 91101

Thank You!



### **Adapted Music Lessons Program Description**

PCDA's adapted music lessons are designed for children with disabilities, and taught by board-certified music therapists. They are structured in a manner that will enhance a child's natural musical ability and interest to learn an instrument, increase self-confidence, as well as develop proficiency on an instrument. Our lessons are unique because they are adapted to meet each child's individual needs, paying close attention their unique sensory profiles, learning styles, and individual strengths.

Music therapists at PCDA utilize the DIR® approach to teaching lessons. This approach includes strategies to build trust, achieve shared attention, increase initiative, sustain reciprocity and encourage creativity. The approach focuses on the relationships of the child with the therapist, peers, and family as well as taking into consideration each child's individual sensory profile and differences. All of this is achieved through affective emotional interactions with each child. The Music Therapists specialize in adapting instructional methods based on each child's individual strengths and learning style. Adaptations may include the following:

- Color-coding for children who are not able to read traditional music notation
- Use of schedules, scripts, and visual aids to structure the session and reduce frustration
- Capitalizing on the motivation of the child's preferred songs and music genres
- Use of musical exploration and improvisation to increase creativity
- Use of sensory breaks and activities to incorporate whole body learning

Adapted music lessons focus on:

- Learning musical skills
- Proficiency on an instrument
- Appreciation and understanding of musical styles
- Promoting self-confidence and empowerment

#### **Lesson Format and Musicianship**

Lessons are structured to each individual child's needs and interests, as well as their sensory profile. Upon beginning lessons at PCDA, parents complete a sensory checklist.

This list is used to incorporate sensory breaks and adaptations to address the child's sensory needs as well as musicality. Sensory input might include dancing, jumping, clapping, bouncing, etc. While incorporating these sensory activities, the music therapists are very creative in maintaining the musical education component. For example, dancing legato, or bouncing in rhythm to half notes or quarter notes.

### **Progress**

After the initial trial lesson, the therapist compiles a one page summary, including the approach to lessons, adaptations that will be implemented, musical abilities and a recommendation; each lesson is one hour. This allows time for the therapist, student and parent to debrief on the week's occurrences, challenges while practicing, and any major changes or updates at the beginning of the lesson. This also allows for time at the end of the lesson for therapist to explain homework or assignment for the week and for parents to ask questions regarding lesson or homework. Based on completion of a level, book, or every 4-6 months, therapist updates parents on the status of lessons through a one page summary. This summary highlights the areas of achievements as well as challenges. During the 4-6 month time period, goals will be established to measure the child's success and achievements through lessons. A few examples of some goals that may be addressed during lessons may include:

- Sustaining attention while playing the instrument for a marked period of time
- Learning new material (songs, theory, technique, etc.)
- Working on ability to stay calm and focused while attending to instrument
- Addressing time spent outside of the lesson practicing skills

### **Transition**

When the student has mastered basic skills and adaptations are no longer needed, a discussion with parents will focus on transitioning to traditional music lessons. A resource list of traditional music lessons will be provided to parents to support the transition of the Adapted Lesson student. A one-time meeting or phone consultation with the new music teacher may be arranged. The student will have the opportunity to record a CD of music learned in Adapted Lessons that can be taken home and shared with family members and/or sponsors. Students may also have a chance to showcase their talents at our annual music recital.