



*Music that helps
neurodivergent children
(& parents) with tricky
moments ...*

*“There must be a language that doesn’t depend on
words, the boy thought...”*

Paulo Coelho, *The Alchemist*

WELCOME



Music can be a wonderful way to help your child to relax, especially when they may be struggling with feelings of anxiety, over-tiredness and sensory overload. Try our specially devised collection of pieces to help make life a bit easier...

Hello and welcome! I'm so glad that you decided to have a look at our lovely, interactive pdf today. We really hope that it will be a useful tool for helping you to help your child with those more challenging moments that can arise throughout the day.

Most people know that music can help in some way to make life easier, but they are perhaps not aware that it is a powerful, therapeutic modality helping the body switch into the parasympathetic nervous system which can assist with mood regulation.

*This Inner
Voice*



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MUSIC THAT
HELPS ME TO
FEEL GOOD!

*'Where words fail, music
speaks.'*

Hans Christian Andersen





Use the links below to explore how music might help your child throughout the day... It is often times of transition that can create challenges and music can really help to manage these

Gentle waking up music

Why not try waking your child with a fun and gentle song, instead of a noisy alarm clock? This is a song I made up for my own children

[This is your nice alarm clock](#)

Getting dressed

This task can present all sorts of challenges. Try out this gently directive song I wrote for a client to help keep on track! Plenty of time is included to carry out the actions

[The dressing song](#)

Morning mood

Some lovely, gentle background music can definitely make the morning go more smoothly. Try out this gorgeous, relaxing piece by Edvard Grieg:

[Morning](#) from [Grieg's Peer Gynt](#)

Out and about

Squabbles in the car, meltdowns? Try this piece which has been , scientifically proven to help regulate brain activity.

[Mozart's Double Piano Sonata k488](#)

Decompressing

Dancing and leaping around to music can be a really good way of self-regulating and decompressing after sensory stimulation. Why not try?

[Winter](#) from [Vivaldi's The Four Seasons](#)

Bedtime

Many children enjoy a lovely lullaby song to help them to get off to sleep. This one is especially effective:

[La la lu](#) from [Lady and the Tramp](#) by [Oliver Wallace](#)





Neurologic Music Therapist Serenna Wagner graduated with her Masters in Music Therapy with Distinction in 2016. Since then, she has been working as a Music Therapist in and around Oxfordshire. Serenna has a wide range of experience with a diverse case load and has worked in many different settings. A trained, professional singer, Serenna has expertise in voice work and rehabilitating speech after brain injury. She combines a gentle, creative approach with a passion to engender tangible results in the lives of her clients. Serenna has lectured in Oxford and for the British Association of Music Therapists.

Serenna is the founder of This Inner Voice Music Therapy & Coaching. Click below to find out more about how we might be able to help you with our gentle, yet potent and scientifically-proven methods. We are opening a lovely online music group for children with ASD/ADHD/ADD. Please have a look at the website, or email us for further details:

info@thisinnervoice.com

click
here!

