

Picture: MARIA ZARNAYOVA



## How sound of music helps ease babies into the world

By Jane Wharton

THE birth of a baby can be a traumatic experience for mother and child but thanks to the joys of music they are being helped to relax a little.

These newborn children, dwarfed by their headphones, are being eased into the world with the soothing sounds of classical music.

The one-day old babies looked perfectly happy yesterday as they snuggled up in their maternity wing at the Kosice-Saca Hospital in Slovakia.

Music by composers including Mozart and Vivaldi is piped through adult-sized headphones in a bid to bring harmony and well-being following birth. Shortly after their arrival, the babies receive five 20-minute sessions each day. Doctors at the hospital have found that most of the babies fall asleep or lie quietly while listening to the music.

The project, which has been running for four years, offers benefits for parent and child.

The youngsters are able to escape from a constant stream of inquisitive relatives, while new parents can enjoy a rare moment of peace and quiet.

There is also evidence to suggest that young children increase their brain development when they listen to classical music, particularly Mozart.

**CHILL OUT:** These newborn babies are being helped to relax with classical music. Evidence suggests it can improve the development of a child's brain

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