

Music and dance therapy methods for improving the children-parents relationships

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Abstract: *The relationship between children and parents affects all the future experiences of any human being. That is why we should pay more attention to it. Everybody- specialists, children, parents, admit the fact and want to do all the best they can to improve it. More and more studies and experiments prove the efficiency of music and dance therapy in many areas of our lives, including social and relation communications. The purpose of my experiment was to demonstrate the utility of that kind of therapies in developing good relations between children and parents, using simple methods and exercises by specialists in the domain and recording in a scientifically way much of the results obtained. The experiment revealed our hypothesis, namely the one which sustained the efficiency of musical and dancing therapies in this area of relationships, natural, simple way of rebalancing our emotions, feelings, bodies and relations.*

Key-words: *Music therapy, dance therapy, children, parents, communication, social skills, empathy, emotions.*

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