

Exams



WELL
[How Music May Make Babies Team Players](#)



CRITIC'S NOTEBOOK
[Please Tune Out Those TV Studies](#)

PAID POST

[Advances in genomics are transforming cancer care](#)



WORLD BRIEFING
[Ebola Outbreak Is Largest Ever](#)

HEALTH



Search Well

SEARCH

FAMILY

How Music May Make Babies Team Players

By NICHOLAS BAKALAR JUNE 30, 2014 10:58 AM 15 Comments



Moving with a partner to the musical beat may make people more cooperative — even babies as young as 14 months.

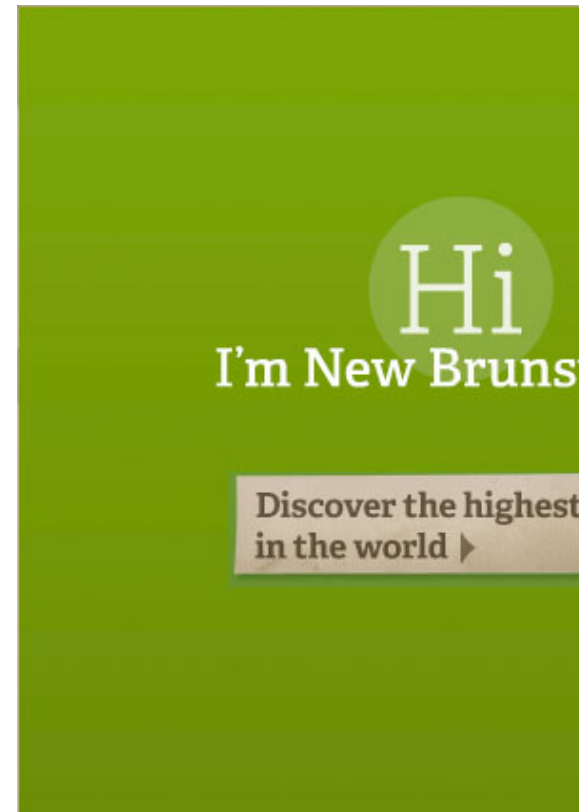
Researchers worked with 48 toddlers, each held by an assistant and gently bounced for about two minutes to the rhythm of the Beatles' version of "Twist and Shout." They faced an experimenter who bounced in the same rhythm or off the beat.

Then the scientists tested whether the babies would help out when an experimenter "accidentally" dropped an object, or tried to pick up an object just out of hand's reach. The [study was published online in Developmental Science](#).

After controlling for other behaviors, such as smiling or approaching the experimenter, they found that babies who were bounced in a synchronous rhythm were slightly but significantly more likely to help than those who were bounced off beat. Although the effect was

PREVIOUS POST
◀ Keeping Your Cool

NEXT POST
Flame Retardants Are Everywhere ▶



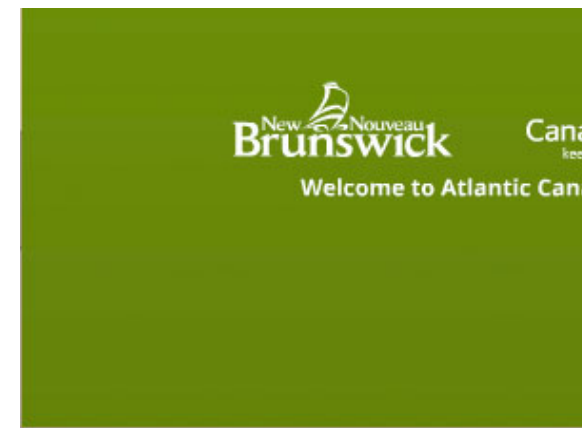
moderate, the authors say, it was still impressive given the quite short duration of the interaction.

“We tend to think that music is a frill that doesn’t matter,” said the lead author, Laurel J. Trainor, a professor of psychology at McMaster University in Hamilton, Ontario. “But in fact, these social binds that we form early in development affect everything that happens later, including our ability to learn and how we view others and ourselves.”

A version of this article appears in print on 07/01/2014, on page D6 of the New York edition with the headline: Childhood: The Rhythm of Helpful Babies.

 SHARE

FAMILY, BABIES AND INFANTS,
DEVELOPMENTAL SCIENCE (JOURNAL),
MUSIC, TRAINOR, LAUREL J



ASKWell

Your health questions answered by Times journalists and experts.

Ask a question

Related Questions

[All open questions »](#)

What science is there to suggest I should have a fourth colonoscopy? I have had three over eight years. The first found polyps, but none malignant. It has been five years since my third colonoscopy and I (a man) am now 70 years old.

 558

Asked by Don Champagne from Maryland USA

Does exercising under a fan makes exercising less effective?

 190

Is there a recipe for a "white sauce" that doesn't use dairy (milk) or butter? Could you make one with almond, coconut, soy milk?

 387

Asked by Debbie from Missouri

Are babies BORN in the spring (i.e. allergy season) more likely to develop asthma, allergies or other lung ailments?

 18

TOOLS AND QUIZZES



The Well Guide to Activity Trackers

We tested some of the latest and most popular trackers to compare how they work and the various features they offer.



The Bugs in Your Home Quiz

Take our quiz to find out about the creepy, crawly critters living in your home.



Quiz: Can You Read People's Emotions?

How well do you understand others' emotional states?



Fitness Tracker

Marathon, half-marathon, 10k and 5K training plans to get you race ready.

TIMES HEALTH

Most Viewed

Most E-Mailed

50 Ways to Love Your Quinoa

Can Exercise Reduce Alzheimer's Risk?

Keeping Your Cool

Flame Retardants Are Everywhere

Think Like a Doctor: Sugar-Free

For Fitness, Push Yourself

BROWSE BY SECTION

[Body](#)

[Love Well](#)

[Doctors](#)

[Mind](#)

[Family](#)

[Voices](#)

[Fitness](#)

[Well Pets](#)

[Food](#)



FOLLOW WELL ON  TWITTER  FACEBOOK

SITE INDEX

NEWS

World

U.S.

Politics

OPINION

Today's Opinion

Op-Ed Columnists

Editorials

ARTS

Today's Arts

Art & Design

ArtsBeat

LIVING

Automobiles

Crosswords

Dining & Wine

LISTINGS & MORE

Classifieds

Tools & Services

Times Topics

New York	Contributing Writers	Books	Education	Public Editor
Business	Op-Ed Contributors	Dance	Fashion & Style	N.Y.C. Events Guide
Technology	Opinionator	Movies	Health	TV Listings
Science	Letters	Music	Home & Garden	Blogs
Health	Sunday Review	N.Y.C. Events Guide	Jobs	Cartoons
Sports	Taking Note	Television	Magazine	Multimedia
Education	Room for Debate	Theater	N.Y.C. Events Guide	Photography
Obituaries	Public Editor	Video Games	Real Estate	Video
Today's Paper	Video: Opinion	Video: Arts	T Magazine	NYT Store
Corrections			Travel	Times Journeys
			Weddings & Celebrations	Subscribe
				Manage My Account

[SUBSCRIBE](#)
 **Times Premier**
 **Home Delivery**
 **Digital Subscriptions**
 **NYT Now**

NYT Opinion

[Email New sletters](#)
[Alerts](#)
[Crossw ords](#)
[Gift Subscriptions](#)
[Corporate Subscriptions](#)
[Education Rate](#)

[Mobile Applications](#)
[Replica Edition](#)
[International New York Times](#)

© 2014 The New York Times Company | [Contact Us](#) | [Work With Us](#) | [Advertise](#) | [Your Ad Choices](#) | [Privacy](#) | [Terms of Service](#) | [Terms of Sale](#)

[Site Map](#) | [Help](#) | [Site Feedback](#) | [Subscriptions](#)