

## *50 Wonderful Songs about Love, Family and Adoption*

*By Arleta James, PCC*

There is simply nothing like music to connect people to one another, or to raise a down mood! Who doesn't tap a beat on the steering wheel when driving a long distance? Or start singing along with the current top hit or a favorite oldie? Your wedding was accompanied by a special love song. You sing your child to sleep with a favorite lullaby. Even picking up toys is done to the Barney "Clean Up" song. The iPod rage is another indicator of the pleasure millions of Americans receive from music.



But, did you also know... that,

- Music helps develop brain areas involved in language and reasoning
- There is a link between music and spatial intelligence—the ability to visually and mentally picture things. This is a type of intelligence used in math and solving problems. For example, researchers found that children given piano lessons significantly improved in their spatial-reasoning scores compared to children who received computer lessons, or no piano lessons (Rauscher, Shaw, Levine, Wright, Dennis, & Newcomb, 1997).
- Music is part of the arts. Arts promote creativity.
- Music provides a means of self-expression.
- Performing to an audience in a concert or chorus helps kids conquer fears. They learn that anxiety can be overcome.
- Information from the National Education Longitudinal Study showed that music students received more academic honors and awards than non-music students (Ingels, 1992.)
- Students with coursework or experience in music performance or music appreciation scored higher on the SAT (College Entrance Examination Board, 2001).
- “The musician must make decisions about tempo, tone, style, rhythm, etc. This makes the brain become incredibly good at organizing and conducting numerous activities. This has a great payoff for lifelong attentional skills (Ratey, 2001).
- Singing, chanting and rhythmic play can increase your child's vocabulary, improve coordination, enhance self-esteem, contribute to emotional regulation and reduce stress (Campbell, 2002).
- Rhythm is essential. The brain's rhythm-keeping regions, when not functioning properly, are often causes of depression and other psychiatric disorders. These regions are also in charge of regulating sleep, and this is

likely why sleep problems are seen in children with mental health issues. Regulating heart rate and the release of stress hormones require the brain to keep proper rhythm as well (Perry & Szalavitz, 2006).

The short video, "The Case for Music Education" is worth the few minutes it takes to watch if you want to see more benefits—[http://www.youtube.com/watch?v=wUhyISoaJ1c&feature=player\\_embedded](http://www.youtube.com/watch?v=wUhyISoaJ1c&feature=player_embedded) Really, the list could go on to fill volumes!

In therapy, I connect my iPod to a speaker. I find that even the most difficult children will settle down and gaze intently into their parents' eyes during songs about family, love and adoption. So, in addition to all the benefits listed above, I find music a most powerful source of forging attachments between parents and their children.

Below, I am listing many of the songs I find beneficial to strengthen attachments. These songs are also those most liked by my clients (the kids and the parents). I'm giving you the name of the song, the artist and the album. On the right, in the "Readings and Resources", I give you links to each of the albums which also include the MP3 download information. If you're an iPod user, you already know how to find iTunes!

1. *Miracle* by Celine Dion, album: *Miracle*
2. *Brahms' Lullaby* by Celine Dion, album: *Miracle*
3. *My Precious One* by Celine Dion, album: *Miracle*
4. *The First Time Ever I Saw Your Face* by Celine Dion, album: *Miracle*
5. *A Mother's Prayer* by Celine Dion, album: *Miracle*
6. *You'll be In My Heart* by Phil Collins, album: *Tarzan*
7. *My Heart Will Go On* by Celine Dion, album: *Let's Talk about Love*
8. *Safe and Warm in My Arms* by Fairy Dreams, album: *Bedtime Lullabies*
9. *With You In My Arms* by Fairy Dreams, album: *Bedtime Lullabies*
10. *Face to Face* by Jill Neville, album: *Love to the Rescue*
11. *I Found a Treasure* by Jill Neville, album: *Love to the Rescue*
12. *I Just Cry* by Jill Neville, album: *Love to the Rescue*
13. *Finally* by Jill Neville, album: *Love to the Rescue*
14. *Spread Your Wings* by Jill Neville, album: *Love to the Rescue*
15. *She Was You* by Jill Neville, album: *Love to the Rescue*
16. *Can You Feel the Love Tonight* by Elton John, album: *The Lion King* (original motion picture soundtrack)
17. *These are the Special Times* by Celine Dion, album: *These are the Special Times*
18. *The Greatest of These* by Final Quest, album: *Lullabies – For China's Daughters and Their Adoptive Families*
19. *I Promise* by Final Quest, album: *Lullabies – For China's Daughters and Their Adoptive Families*
20. *Home* by Final Quest, album: *Lullabies – For China's Daughters and Their Adoptive Families*
21. *When Love Takes You In* by Steven Curtis Chapman, album: *Declaration*
22. *You Are So Beautiful* by Kenny Rogers, album: *A Love Song Collection*
23. *This is Home* by Switchfoot, album: *The Best Yet*
24. *Your Song* by Various Artists, album: *Adoption...The Songs You Love*
25. *Blessed* by Various Artists, album: *Adoption...The Songs You Love*
26. *Because You Loved Me* by Various Artists, album: *Adoption...The Songs You Love*
27. *Somewhere Out There* by Various Artists, album: *Adoption...The Songs You Love*
28. *To Love You More* by Celine Dion, album: *Let's Talk About Love*
29. *Families Can Be Together Forever* by Clive Romney, album: *My Eternal Family*
30. *Heal the Wound* by Point of Grace, album: *How You Live*
31. *How You Live* by Point of Grace, album: *How You Live*
32. *You Are Good* by Point of Grace, album: *How You Live*

33. *Nobody Wanted Me* by Rebecca Lopez, album: Do You Have a Little Love to Share?
34. *Do You Have a Little Love to Share?* by Jenny Jordan, album: Do You Have a Little Love to Share?
35. *Because You Loved Me* by Dave Tinney, album: Do You Have a Little Love to Share?
36. *Do You Love Me as Your Own?* by Rebecca Lopez & Jenny Jordan, album: Do You Have a Little Love to Share?
37. *Let Me Be That Someone* by Bryce Neubert, album: Do You Have a Little Love to Share?
38. *Mama's Lullaby* by Jenny Jordan, album: Do You Have a Little Love to Share?
39. *Adoption Means* by Mary Lambert, album: Family Fun
40. *Child of Mine* by Carole King, album: Writer
41. *I Know What Love Is* by Celine Dion, album: One Heart
42. *One Heart* by Celine Dion, album: One Heart
43. *In My Daughter's Eyes* by Martina McBride, album: Martina
44. *From this Moment* by Shania Twain, album: Shania Twain Greatest Hits
45. *Godspeed* by Dixie Chicks, album: Home
46. *I Love You* by Barney, album: Barney for Babies: Love and Lullabies
47. *When You Believe*(from the Prince of Egypt) by Mariah Carey & Whitney Houston, album: #1's
48. *Evermore* by Alison Krauss, album: Dog Train
49. *The Power of Love* by Celine Dion, album: My Love
50. *Same/Same* by Chuck Kent, album Same/Same: Songs for Adoptive Families
51. *Tell Me the Story Again* by Chuck Kent, album: Same/Same: Songs for Adoptive Families
52. *This is My Forever Family* by Chuck Kent, album: Same/Same: Songs for Adoptive Families

Give these songs a try! Let music bring your whole family closer together!