



INSTITUTE OF HEARTMATH<sup>®</sup>

Connecting Hearts and Minds

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## Children Positively Sing Along With New Heart Songs<sup>®</sup> Collection *Institute of HeartMath CD emphasizes emotional intelligence and fun*

**BOULDER CREEK, CA. – December 7, 2010 –** Ensuring that children develop healthy emotions while growing up is a big responsibility, but it comes naturally to parents and others who care for them.

Guiding children in understanding and keeping in tune with their emotions presents many challenges and any help along the way is always appreciated.

The Institute of HeartMath, a leading education and research organization that has helped children for many years to understand and self-regulate their emotions, has released a new special collection of songs youngsters will love.

The *Heart Songs<sup>™</sup> for Children* CD, for ages 3 through 6, is a collection of heart-warming and uplifting songs that encourage children to express positive feelings, communicate and develop emotional awareness, according to the developers.

“Heart Songs can offer parents a fun way to help kids expand their ability to balance emotions with lively music and an easy emotion-self-regulation technique,” said behavioral psychologist, Deborah Rozman, Ph.D., who serves on IHM’s Scientific Advisory Board. “The scientific community has known for years that music can boost learning abilities, and these songs offer additional value to kids using the science of heart intelligence.”

The Heart Songs music packet, priced at \$9.95, includes a CD with eight tracks, booklet with the song lyrics and suggestions for movements. It also features a narration of the Shift and Shine<sup>™</sup> Technique, IHM’s latest tool teaching children how to change negative emotions into positive ones. Developers of the technique, which is based on more than 19 years of emotion research, say it helps children harness positive emotions, control impulsive behavior and learn the joyful qualities of the heart in four simple steps.

HeartMath’s [\*Wild Ride to the Heart<sup>™</sup>\*](#) board game, like Heart Songs, helps children understand emotions and develop resilience and flexibility, while providing a great opportunity for family members of all ages to connect with one another in a fun way. Released in early 2010, Wild Ride has been praised by a number of parenting and education experts. HeartMath officials said they were caught by surprise when the first production run quickly sold out.

Learn more about *Wild Ride to the Heart<sup>™</sup>* and *Heart Songs<sup>™</sup> for Children* at the Institute of HeartMath’s website, <http://www.heartmath.org>. The institute also offers free tips and tools for parents and those who work with children on its *HeartMath My Kids!* Facebook page, <http://www.facebook.com/HeartMathMyKids>. IHM’s new line of children’s products can be purchased at <http://store.heartmath.org/Especially-for-Kids>.

Find more resources and keep up to date with the Institute of HeartMath on [Twitter](#) and [YouTube](#).



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**About the Institute of HeartMath:**

The Institute of HeartMath, [www.heartmath.org](http://www.heartmath.org), is a 501(c)(3) nonprofit research and education organization dedicated to teaching the principles of heart-based living around the world and promoting global coherence by inspiring people to connect with the intelligence and guidance of their hearts. IHM has been conducting scientific research on the physiology of emotions and the science of the heart for nearly two decades. IHM, a world leader in stress reduction and emotion-management research, was founded in 1991 by Doc Childre. Through its research and education divisions, the institute has developed practical tools, education programs and services – collectively known as the HeartMath System – for the mental, emotional and physical benefit of children through seniors without regard to their social, economic or cultural status. IHM's research has been published in numerous peer-reviewed journals, including *American Journal of Cardiology*, *Stress Medicine*, *Preventive Cardiology*, *Journal of the American College of Cardiology*, *Integrative Physiological and Behavioral Science* and *Alternative Therapies in Health and Medicine*. For more information about IHM's education and professional development programs, visit [www.heartmath.org/education](http://www.heartmath.org/education) or call (831) 338-8500 or (800) 711-6221. You can learn more about IHM's latest available resources by joining its social networking pages on [FaceBook](#) and [Twitter](#) and its [YouTube](#) channel. IHM's [HeartMath My Kids!](#) resource page is dedicated to providing all caretakers of children with practical information.