



Brighten My Day!

Partnerships and Sponsorships

The Anouk Music Listening Program offers consulting, training, and support to pediatric health care facilities that are interested in enhancing children and teenagers' hospital stay through individualized music listening on iPods.

If you are an interested pediatric health care provider, we will meet with you to find out how the Anouk Music Listening Program can be most beneficial for your patients and how it could fit into your health care services.

As a sponsor you can help to make these projects happen. Please get in touch with us to learn more about sponsorship opportunities!

About the Anouk Foundation

The Anouk Foundation is a nonprofit organization with the mission to create a soothing environment for children and adults staying in hospitals, specialized institutions, and nursing homes.

Our new Anouk Music Listening Program has been developed with experts in the field of music therapy to make the hospital stay of children and teenagers easier.

For more information about the Anouk Music Listening Program and previous projects of the Anouk Foundation, please visit our website or contact Vanessa Radicati at info@anouk.org.



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Anouk Music Listening Program

Brightening the lives of children and teenagers in pediatric health care facilities



Photographs by Petra Kern

Disruption of Everyday Life

Children and teenagers undergoing medical treatment are facing many challenges over which they have little or no control. Disruption of daily routines, being away from family and friends, medical examinations and procedures, incidence of pain, or side effects of treatments can lead to anxiety, fear, and influence the normal development of children and teenager.

Clinical research demonstrates that music therapy interventions have been successfully applied during medical procedures in pediatric health care facilities.



“Music is for everyone and can improve lives.”

-Dr. Petra Kern, President of the World Federation of Music Therapy

The Anouk Music Listening Program offers children and teenagers the opportunity to listen to a specifically developed music listening program on iPods before, during, and after medical treatments.

The Anouk Music Listening Program is based on music therapy research, clinical expertise, and patients' preferences.

Health care professionals trained in identifying patients' music preferences (according to age, cultural background, musical experiences, and mood) assist patients in creating their personalized playlist (that addresses treatment specific intentions), and decide together when it is

the best time to have the headphones on.

Listening to music may enrich the hospital stay of children and teenagers by providing the opportunity to

- experience a sense of comfort and enjoyment in a hospital environment
- relax and stay calm while undergoing medical treatments
- shift the perception of pain or other physical discomfort, and maybe smile.

The Anouk digital music library currently includes more than 550 music recordings from over 126 albums and is customized for each health care facility.

