



# August Hero Profile 2018

**Children's Bill of Rights #8:** As the children and youth of San Luis Obispo County, may we each explore a variety of experiences—in arts, nature, culture and music—that illuminate the world's natural beauty, richness and human creativity.

**AUGUST'S HERO**  
Jessica George

**PASSION**  
Helping children grow into themselves through music

**ONE WORD TO DESCRIBE JESSICA**  
Vibrant

**NOMINATED BY**  
Arts Obispo



**Jessica George is a champion for young children-- making, teaching, and sharing music with young minds during a critical, wonder-filled stage of development.**

As the founder of Hug-A-Bug Music, a Kindermusik educator and music therapist, Jessica spends her days immersing little ones-- as early as newborn and toddler age-- in rhythm, rhyme, song and story time. Jessica helps manifest the benefits of music in the development of young children: research shows it helps to build cognitive skills, coordination, fine motors skills and vocabulary. Music can also have a positive effect on children's behavior and mood— lifting their spirits, calming them down, or lulling them to sleep. In Jessica's "Foundations" classes, babies and toddlers alike experience all of these healthy impacts by listening to different beats, learning specific sound patterns, and exploring with a variety of age-appropriate instruments.

Jessica's passion for sharing music and the arts is born from a long history of her own interest and involvement. She herself was raised in the Kindermusik program, has participated in the international recordings of over 700 songs for children, and is also a member of the Screen Actors Guild. Prior to her arrival

on the Central Coast, Jessica applied her music and teaching talents in various professional roles in arts programs, schools and early-childhood settings in both Illinois and Maryland.

Colleagues say Jessica's work resonates with families and young children— sharpening their sensory systems and enriching their capacity for creativity and expression. Most of all— it's pure and simple fun! Our community is fortunate that Jessica shares her musical gifts with our tiniest residents, including her own family's new arrival— a healthy baby boy, Cody Zane, born just this summer! Call it perfect harmony.

**Thank you, Jessica.  
You are a true Hands-On Hero.**

*Look for more on all of our Hands-On Heroes on COE-TV channel 19!*



Hands-On Heroes is a special recognition of dedicated individuals who believe in and support the Children's Bill of Rights, an achievable vision that our children grow up with healthy minds, bodies and spirits that enable them to maximize their potential. This program is coordinated by First 5 San Luis Obispo County in collaboration with local organizations that make a difference in the lives of children in our community. To find out more about First 5 and the Children's Bill of Rights, please visit [first5slo.org](http://first5slo.org).

