

# 4 Ways To Help Your Child Get The Most Out Of Their Dance Lessons

## 1. MAKE SURE THEY ARE PREPARED FOR EACH CLASS

The first step in setting your child up for a successful experience in their dance lessons is to make sure they are prepared for each class. Coming prepared means arriving a few minutes early for class and coming dressed for success by following the studio dress code for shoes, dance wear and hair.

Why do we have a dress code for dance classes?

- A dress code ensures that a teacher will be able to see a dancer's alignment and positioning. The teacher needs to be able to see a dancer's mistakes. Baggy clothing can mask bad habits, making corrections impossible.
- A dress code will also teach students discipline (a major life skill learned from dance classes), helping with overall focus and energy.
- Plus, by "dressing the part," students feel like dancers right away which can help a new dancer feel more comfortable as they start learning new skills in class.

## 2. HELP THEM TO HAVE GOOD ATTENDANCE

For your child to get the most benefit from their dance classes it is important that they attend as many classes as possible or they will miss new material and helpful corrections. If your child must miss a lesson, letting your studio know in advance is appropriate. Schedule a make-up class or ask the school if your instructor is available to teach a private lesson. A private lesson is worth five dance classes!

## 3. ENCOURAGE THEM TO PRACTICE AND STRETCH AT HOME

A lot of material can be covered in each class. It is very important for your child spend some time at home to review steps, corrections and terminology so that they can be prepared for the next lesson. Spending 10-15 minutes each day practicing can make a major difference in your child's improvement, and overall enjoyment, in class during the year. Simple things, like stretching while watching tv are also easy to do and will also make a big difference over the course of a few months.

## 4. HELP YOUR CHILD AVOID COMPARISON

Everyone child is unique and therefore improves and grows at different rates. In a group format, it can be easy for students to notice differences in skills and level among students in their class. This can sometimes result in a child "losing heart" and wanting to end their dance classes unnecessarily. It is important to remind your child to try and not compare themselves to others in their class. Try and help your child to remember that learning is a journey and that the most important thing is to have fun with dancing.

**Expressions School of Dance & Music**

2310 Laurel Street, #4

Napa, CA 94559

[www.expressionsnapa.com](http://www.expressionsnapa.com) 254-1962