



3 PRACTICE MINDSETS TO DEVELOP FOR ADULTS SUPPORTING YOUNG MUSICIANS IN PRACTICE

CHRISTINE E GOODNER

CONNECTION MINDSET

- THIS IS A UNIQUE TIME TO CONNECT WITH OUR CHILD ONE ON ONE
- YOUR CHILD NEEDS SUPPORT TO PRACTICE EFFECTIVELY
- THIS SUPPORT MIGHT LOOK DIFFERENT DEPENDING ON YOUR CHILD'S AGE & LEARNING NEEDS
- BEING THERE WITH OUR CHILD THROUGH THE UPS & DOWNS OF PRACTICE HELPS THEM LEARN HOW TO PRACTICE & THAT WE ARE THERE FOR THEM IN A BIGGER PICTURE WAY
- YOU DON'T HAVE TO BE A MUSICIAN TO SUPPORT YOUR CHILD'S PRACTICE
- SHOWING UP TO SUPPORT THEM & TO WORK TOGETHER IS KEY

GROWTH MINDSET

- PRAISE THE EFFORT YOU SEE IN PRACTICE.
- LET YOUR CHILD SEE YOU LEARNING & GROWING IN SOME AREA OF YOUR LIFE: SHARE THE PROCESS!
- NOTICE HOW FAR YOU'VE COME SO YOU CAN SEE THE GROWTH.
WATCH A RECITAL VIDEO FROM A YEAR AGO. LOOK AT YOUR NOTES FROM 6 MONTHS AGE ETC.
- EMBRACE MISTAKES AS A WAY TO LEARN. THIS IS TRUE BOTH IN PRACTICE & OTHER AREAS OF LIFE.
- LEARN ABOUT THE STORIES OF ARTISTS & MUSICIANS AND HOW THEY MAKE MISTAKES TO LEARN
- THIS ISN'T JUST A WAY TO STAY ENCOURAGED BUT MOTIVATES US TO KEEP WORKING TOWARDS OUR GOALS.

TEAMWORK MINDSET

- YOU & YOUR CHILD ARE ON THE SAME TEAM, WORKING TO ACCOMPLISH A GOAL FOR THE NEXT WEEK'S LESSON
- AVOID PRACTICE BECOMING A BATTLE WITH THE STUDENT, BUT RATHER LEARN TO WORK TOGETHER
- OBSERVE HOW YOUR CHILD LEARNS & WHAT MOTIVATES THEM
- WORK WITH YOUR CHILD'S STRENGTHS & THEY CAN LEARN TO WORK WITH THEMSELVES
- HELP SUPPORT THE AREAS THAT ARE HARD FOR THE STUDENT SO THEY CAN DEVELOP THOSE SKILLS OVER TIME
- TEAMMATES, ON A HEALTHY, FUNCTIONING TEAM, SUPPORT EACH OTHER & APPRECIATE EACH OTHER'S STRENGTHS
- BE THE MENTOR OR COACH RATHER THAN THE JUDGE OR JURY