

## Ideas for Surviving Recital Week (A-Z)

The tips below are general advice from experienced dance parents to help you and your child prepare.

**Accessories** – Use a Zip-Loc bag for the accessories (hairpiece, gloves, etc.) for each dance. Label the bag with the dance name and a checklist of items. This helps when packing at home, getting dressed, and repacking after each performance.

**Clothing Racks** – A rolling clothing rack can help keep multiple costumes organized, wrinkle-free, and in performance order. It also provides a little privacy when changing.

**Garment Bags** – Store each costume in its own garment bag with its accessories inside. This keeps everything clean and organized.

**Drinks** – Hydration is important, but stick to bottled water. Colored drinks and costumes do not mix!

**Extra Everything** – Always bring backups: extra tights (every color needed), hair gel, hair nets, bobby pins, and hairspray. Other helpful items include:

- Baby or Shout wipes (for makeup mistakes or dirty hands)
- Baby powder (for itchy costumes)
- Safety pins (for costume emergencies)
- Clear nail polish (to stop runs in tights)
- Pain reliever (Tylenol, Advil, etc.)
- Extra contact lenses
- Band-Aids (preferably the “invisible” kind)

**Family and Friends** – Guests should not enter backstage or dressing rooms during rehearsals, intermission, or after the show. These areas are busy and private. Meet performers in the lobby or designated areas after the recital.

**Label Everything** – Put your child’s name on shoes, costumes, accessories, and other items. Recital days are busy and things can easily get misplaced. Label items discreetly to avoid damaging costumes.

**Makeup** – Use the makeup specified by your studio. Just like costumes and hair, consistent makeup helps everyone look uniform on stage.

**Nail Polish** – Many studios discourage colored nail polish so dancers appear uniform. If allowed, a natural or French manicure is usually acceptable.

**Passing Time** – Recital days can be long. Bring quiet activities such as cards, books, or small games to keep dancers occupied. Avoid markers, glitter, or glue that could damage costumes.

**Patience** – Bring plenty of patience. Recital week can be long and hectic!

**Performance List** – Make a list of your child’s dances with their act numbers in the show. Keep a copy with you and post one in the dressing room to help track quick costume changes.

**Planning** – Recital preparation should begin days in advance. Gather costumes, accessories, shoes, and makeup early and create a checklist for each routine. This ensures nothing is forgotten when you leave for the performance.

**Shoes** – Check and clean dance shoes before recital (following your studio’s guidance) so they look their best on stage.

**Timing** – Arrive at rehearsals and performances at the time your studio instructs. The schedule moves quickly, and the show will start on time.