

FIRST DAY OF DANCE

WHAT YOU AND YOUR CHILD CAN
EXPECT ON YOUR FIRST DAY OF
DANCE AT DANCE ESTEEM!

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The first day of dance brings a plethora of emotions. It's a big step! Discover 5 Important Tips for you and your child's first day of dance.

1. Understand your child may not be ready to try everything on the first day.

Be prepared for crying and clinging. They are taking it all in and learning to be comfortable in dance class. If you feel your child is not doing anything in class, please know they are learning by watching and observing. We recommend that you give them 4 - 6 weeks to open up.

2. Keep the experience positive.

We teachers are used to dancers with first day jitters! We have found the root to most tears is that the child is doing something new and they are not sure what that is. Try to refrain from punishment, and instead pass the child onto us - we have many fun ways to make them feel comfortable and happy!

3. Stay in the lobby.

Do not go into the studio. When parents enter the studio, even if it's just to walk your child in, the environment becomes loud, overstimulating, and stressful for all dancers. When this happens, it's difficult for the teacher to get everyone's attention to start class. Instead, walk your child to the door and drop them off. (Pro tip: Try saying "Only dancers are allowed to go into the dance studio.")

4. Arrive 5 minutes early.

When a child comes in late, it can make them feel uncomfortable in class. If a child arrives too early for class and has to sit still in the lobby, they may be very cranky when class time comes.

5. Follow up with your child.

After class, be sure to check in and see how your child enjoyed their class! You can ask them to show you what they did. Sharing in their excitement is one of the best ways to ensure your child has the most well-rounded experience possible!

Dance class is a fun, positive experience. Your child is amazing, they will bloom when they are ready!



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