

A large group of young girls, likely dancers, are smiling and posing for a photo. They are wearing various dance outfits, including leotards and tutus. The background is a plain wall with a window. The image is overlaid with a dark red semi-transparent filter.

FIRST DAY OF DANCE

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

WWW.DANCEESTEEM.NET

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. You are your child's greatest influence of how to behave in class.

As long as you are in the room, your child will take their cues from you, the parent. It's normal for children to leave you flapping your arms like a butterfly while they go explore other areas of the room. However, if you continue to follow the teacher, your child will learn to follow the teacher too.

3. Your child may not pick up movements and skills as well as other children in the class.

Children develop at different rates. Be patient and know that this behavior is normal!

4. Stay positive!

Your child may not be a "good listener" on the first day. The dance studio is a new environment, they may be easily distracted and want to look around and take it all in. Hey, a room full of mirrors is pretty amazing! Whatever happens, enjoy the quality time with your little one and give it time.

5. 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.



14500 Martin Suite Dr. Suite 2000
Eden Prairie, MN 55344
952-9494-9008 · danceesteem@icloud.com

www.danceesteem.net