

Take Five Dance Academy

MY DANCER IS NERVOUS — WHAT SHOULD I DO?

Feeling nervous before a first dance class is completely normal – and even healthy!

Nerves mean your dancer cares and wants to do well. Some dancers may feel shy and cling to you at the door, while others may dive right in without hesitation. Both reactions are perfectly normal.

Here's how you can help ease the transition:

Reassure Them It's Okay to Feel Nervous

Let your dancer know that it's normal to have a few butterflies, and that many of their classmates are probably feeling the same way. Remind them that nerves usually disappear once they get started.

Arrive a Little Early

Getting to class about 10–15 minutes early gives your dancer time to meet their teacher, look around the room, and settle in. Familiarity with their surroundings can help them feel more confident before class begins.

Separation Anxiety Is Normal

Especially for our youngest dancers, a little separation anxiety is expected.

- We encourage you to reassure your child that you'll be right outside the classroom and watching them through the window.
- Knowing you're nearby – but not in the room – can make a big difference in helping them feel safe.

In the past, we allowed parents to stay inside the room during class, but we found it created distractions for other dancers. Learning to be independent in class is an important skill and builds confidence that will extend beyond the studio.

Handling Tears

If your child becomes upset at the classroom door:

- Stay upbeat and calm.
- Avoid long, emotional goodbyes – lingering can sometimes increase anxiety.
- If your child needs extra time to calm down, we kindly ask that you step outside the classroom with them until they feel ready to return.

Our teaching team is experienced in supporting nervous dancers and will work gently to help your child join the class when they're ready.



Take Five Dance Academy

MY DANCER IS NERVOUS — WHAT SHOULD I DO?

Handling Tears

If your child becomes upset at the classroom door:

- Stay upbeat and calm.
- Avoid long, emotional goodbyes – lingering can sometimes increase anxiety.
- If your child needs extra time to calm down, we kindly ask that you step outside the classroom with them until they feel ready to return.

Our teaching team is experienced in supporting nervous dancers and will work gently to help your child join the class when they're ready.

Praise Effort Over Outcomes

After class, praise their bravery and effort, no matter how much they participated.

- A simple "I'm so proud you tried today!" can boost their confidence tremendously.
- Remember, even observing quietly during the first few classes is progress! Many children need a little time to take it all in before fully joining in.

Trust the Process

Many of our little dancers are eager from day one, while others take a few classes (or even a few weeks) to fully warm up – both are absolutely normal. As your child becomes more comfortable with their teacher, classmates, and routine, their confidence will grow.

OUR MAIN GOAL FOR THE FIRST FEW WEEKS IS SIMPLE:

- ✓ To help every child happily participate in class
- ✓ To do so without needing a parent in the room
- ✓ And to ensure any tears are short-lived and quickly replaced with smiles

We are here to support both you and your dancer every step of the way!