

Take Five Dance Academy

HOW TO HELP YOUR DANCER AT HOME (WITHOUT STRESSING THEM OUT)

You don't need to be a dance expert to support your child's dance journey!

In fact, the best kind of support often comes from encouragement, patience, and simple engagement – not pressure or perfection.

Here are a few easy ways you can help at home:

Ask Them to "Teach You" a Step

One of the best ways to reinforce learning is to ask your dancer to show you something they learned in class.

- Teaching others helps cement the movement in their memory.
- It boosts their confidence to be the "expert" for a few minutes!

Even if you don't get the steps exactly right, the laughter and connection you build will make them love dance even more.

Practice a Little Flexibility Each Day

Stretching for just a few minutes daily can make a big difference.

- Help your dancer stay loose and prevent soreness.
- Keep it casual – even stretching during TV time counts!
- Focus on making it fun, not formal.

Simple habits like these build strength and discipline over time, without feeling overwhelming.

Praise Effort, Not Just Performance

It's natural to cheer when your dancer nails a routine or looks adorable on stage – but the real magic happens in the practice.

- Praise their focus, their perseverance, and their willingness to try.
- Comments like, "I'm so proud of how hard you worked today!" mean more than "You were the best!"

This kind of encouragement teaches them that success comes from effort – not just natural talent.