

# Take Five Dance Academy

## GROWTH LOOKS DIFFERENT: AVOIDING COMPARISON IN DANCE

One of the most important lessons for dancers – and their families – is understanding that growth looks different for everyone.

No two dancers have the exact same path, and that's what makes each journey so special.

### Why Progress Looks Different for Every Dancer:

- Every child's body develops at its own pace. Flexibility, strength, balance, and coordination all grow over time.
- Some dancers may pick up choreography quickly, while others excel in technique or performance quality first.
- Confidence, focus, and maturity also play huge roles – and they grow in different ways for different kids.

Just like learning to read, ride a bike, or play an instrument, everyone's timeline is unique.

### The Dangers of Comparison:

It can be tempting to compare your dancer to others, especially when you see classmates achieving certain skills or milestones sooner. But comparison can steal the joy of their own journey.

- It puts pressure where there should be pride.
- It can make dancers (and parents) focus on what they aren't doing, instead of celebrating what they are accomplishing.
- It shifts the focus from personal growth to external validation, which can be discouraging.

Dance is not a race – it's an individual journey.

### How to Support Your Dancer:

- Celebrate their milestones, big or small.
- Remind them that progress is about improvement, not perfection.
- Focus on how much they love to dance – not how quickly they achieve a skill.
- Encourage them to cheer for their classmates too – success is sweeter when shared!

### **IN SHORT:**

The most beautiful thing about dance is that it's a personal expression of growth, joy, and dedication.

By staying focused on your dancer's unique path, you help them build confidence, resilience, and a true love for the art – and that's the greatest achievement of all.