

MILLER MUSIC EDUCATION

THE LONG GAME: WHY WE STAY IN MUSIC!

MUSIC TIP OF THE MONTH

Practice looks different in every home. For beginners, we like to think of it as **“music focus time”** instead. 2 minutes per year of age is reasonable amount of time for beginners of any age. 3-4 minutes per year of age is reasonable for students who have played for at least one year, or are extra motivated! Example: 5 year olds could do music focus time without a teacher directing for at least 10 minutes! Longer might feel like punishment or make their creative light go out, which we don't want!

In class, students learn their songs with their teacher's guidance. At home, the goal isn't to push ahead alone—it's simply to spend a few relaxed minutes exploring, reviewing, and enjoying what they already know. Some students feel ready to try new material independently, but many aren't there yet—and that's completely okay.

Remember: Students physical and emotional needs come **BEFORE** practice time. If they are hungry, tired or emotional music focus time will not be successful. It's OK if they skip a music focus time here or there to do self care. Same for adults with work or creative endeavors.



DESIGN A SPACE THAT MAKES THEM WANT TO PLAY!

Keep all your child's music supplies in one dedicated spot and turn it into a small, inspiring music corner. Add a poster, fun lighting, or a simple sticker chart to track their music focus time. When they can see their effort adding up, they begin to understand that time with their instrument leads to real growth.



MUSIC EDUCATION FUN FACT:

Research from the Brain and Creativity Institute at University of Southern California shows that children who **stay** in music for **multiple years** develop stronger connections between the two sides of their brain—connections linked to better reading, sharper focus, emotional regulation, stronger language skills, and improved self-control. *And the magic word is **CONSISTENT**.* Year-round music isn't just an activity—it's you actively investing in your child's growing brain. Stay for Summer! 🎵

