

Practice Makes Progress

We absolutely love it when our students say they want to practice at home. Now that show choreography is in their wheelhouse, this is a perfect time to encourage practicing!

As a parent, how should you help them along this path? Is there such a thing as too much practice? We've got all your practicing-at-home answers right here:

Should I make my child practice their recital dance at home?

The short answer here is no. We don't believe practice should be forced, or it can become completely unenjoyable. But we do think it's helpful for you to encourage it! You might say, "Why don't you practice your dance for 10 minutes and then show me your favorite part!"



Should I practice the steps with my child?

Not necessarily. We recommend that children practice on their own in order to build their self-reliance and confidence, without mom or dad swooping in to help. Practicing for the recital is not like studying for a test, where you might be able to cram the material into a short amount of time.

What else helps with practicing at home?

Listening to the recital music is really helpful, even if it's in the car on the way to school. Knowing the music is key to understanding the counts and rhythms in choreography, so the familiarity can make a big difference in your child's learning curve and confidence. Also helpful? Encourage your child to ask questions in class if they're not sure about a step! Our teachers welcome their communication so we can make sure everyone feels prepared.

What should my child focus on while they are practicing? Stretching, choreography, or technique? I don't know what the most important thing is.

Here at Backstage Dance Studio we believe they are ALL important, so let your child decide! If your child has control of this decision they are more likely to actually do it. Remember 5 minutes of ANYTHING done intentionally will make progress and is something any child can easily commit to.

What if my child refuses to practice?

That can happen, especially if they are unsure of themselves and lack confidence in what they should practice. That is ok, and we are here to help in that situation as well. Just have your child ask their teacher after class a simple question - "What should I work on?" Our instructors are brilliant with specific, individualized feedback and are happy to encourage positive practice points!

Making progress is contagious, and as kids develop this healthy habit, others in the class will be inspired to also practice, making the group as a whole stronger and more confident.

