

Tips for your Little One's Very First Dance Class

Dance class may be the first time your child is separated from you. Here at Dance Moves our priority is to make sure your little one and you are both comfortable. For most young 2's and 3's it will take 3-4 weeks to really understand the rules and expectations of the dance studio.

Until your child becomes comfortable in the class, he/she may take the first few classes to observe or participate minimally. This is completely normal and your child is still learning valuable skills and gaining independence by being in the studio.

Though your child may feel safer with you in the room, remember that other children may be shy in your presence or feel that they too need an adult in the room. It is best for you to wait outside the studio while class is in session. If your child is apprehensive, we will work with you on a case by case scenario.

Here are some tips to help you ease the transition for your child:

- **Do not arrive too early for class.** Some parents think coming early to acclimate to the studio will be helpful, but prolonging the goodbye can make your child even more hesitant. Plan to arrive only 2-3 min. early.
- **Set a time for hugs, smiles and kisses before and after class.**
- **Encourage your child to show you what they learned at class.** They can be the teacher and you can be the dancer!
- **Let your child suggest something to make him/her feel brave.** A teddy bear can attend class with your child the first week or he/she can wear a special outfit to make him/her feel strong and brave.
- **Be sure to use the restroom BEFORE you leave for the dance studio.**

Your dancer will gain confidence, learn new skills, form new ideas and then proudly share them with you!