

CHILDHOOD

MUSIC, ART, & DANCE



PRACTICE TIPS



INSPIRE YOUR CHILD TO PRACTICE

Encouraging students to practice seems to be the #1 problem for all parents

You want your child to love music, art, and dance but you also know they need to practice in order to improve—sometimes it's like pulling teeth to get them to practice.

We want you to help your child succeed.

Every situation is unique, so we're going to give you ideas and a worksheet so you can brainstorm what will work best for your family.



FOR YOU AS A PARENT

Some basic practice tips:

- ▶ It's okay to not know anything about music, art, or dance. The secret to your child's success is not your knowledge, If you regularly encourage them to practice, they will progress.
- ▶ Never use lessons or quitting lessons as punishment. Use positive reinforcement/prizes.
- ▶ Remember you are helping your child build a skill set and habit that will serve them for life!
- ▶ Create a distraction-free environment for practice.
- ▶ Be firm yet kind with practice rules. (think about it like school work)
- ▶ Set expectations so your child can mentally prepare for daily practice.
- ▶ Do not wait until lesson day to practice. Your child needs frequent practice in order to improve and love lessons.
- ▶ It's okay to practice in intervals (two 15 min sessions or 30 min sessions)
- ▶ It's okay to have "rest days" from practicing (Saturday or Sunday)

QUESTIONS TO GET STARTED

Find the perfect practice routine for your child below:

WHAT IS THE BEST TIME FOR PRACTICE?

6-7 AM	7-8 AM	8-9 AM	9-10 AM	10-11 AM
11-12 AM	12-1 PM	1-2 PM	2-3 PM	3-4 PM
4-5 PM	5-6 PM	6-7 PM	7-8 PM	8-9 PM

WHAT CURRENT ACTIVITIES CAN YOU LINK & PRACTICE TO?

Ideas:

Before dinner, after homework, after school, after breakfast, etc.

QUESTIONS TO GET STARTED

Find the perfect practice routine for your child below:

WHAT MOTIVATES YOUR CHILD?

- challenge
- competition
- curiosity
- cooperation
- control
- recognition
- fantasy

[Read more about motivation types](#)
[Read more about positive encouragement](#)

“PRAISE THE PROCESS, NOT THE OUTCOME”

What are some positive comments you can give your child that will inspire them to keep practicing?

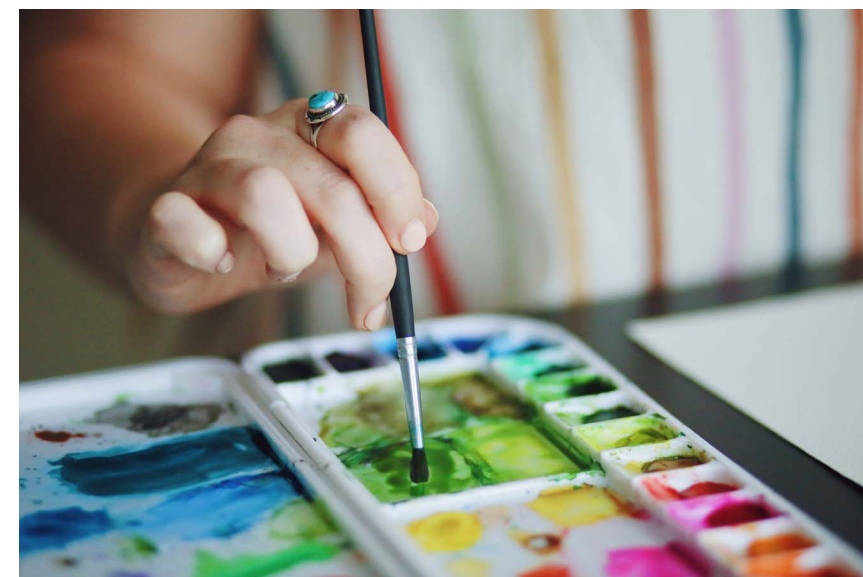


NOW FOR THE PRACTICE IDEAS!

- ▶ Progress is a great motivator. Help your child realize how much better they have gotten (progress in book, ease in a technique, etc.)
- ▶ Is your child easily inspired? Listen to other musicians, watch performances, look up other artists and dancers, go to a local art show, etc.
- ▶ For your littlest ones, buy a “practice pal” that only comes out during practice (a stuffed animal or something your child will enjoy).

INCENTIVE-BASED IDEAS

- ▶ Brainstorm incentives (candy, game time, electronic time, eating out, pizza party, sleepover, park day, reading a book together, videoing their polished piece/dance to send to grandparents, stickers, etc.)
 - ◇
 - ◇
 - ◇
 - ◇
- ▶ Brainstorm methods to get to incentives
 - ◇ A practice punch card: reward comes when it is filled
 - ◇ Bingo game with practice times (each square has a different time)
 - ◇ Tickets they can earn to spend
 - ◇
 - ◇
 - ◇
 - ◇



STRUCTURE-BASED IDEAS

- ▶ Find a practice sticker chart
- ▶ 100 day practice challenge
- ▶ Start a practice streak with a prize for 5 days, 10 days, etc.
- ▶ Set a timer the child cannot see and they have to practice until it rings
- ▶ Find a timer/calendar app to track practice time setting reminders (especially for students with a phone/tablet)
- ▶ Create a daily practice checklist that can be marked for each part they've practiced
- ▶ **What other structured ideas can you add to this list?**
 - ◇
 - ◇
 - ◇

WHEN YOUR IDEAS STOP WORKING

Sometimes, an idea will work amazingly for a month. Then, your idea becomes boring. You have this PDF to always refer back to for more inspiration.

- ▶ come back to the drawing board and brainstorm again
- ▶ Is the goal too big and overwhelming for your child? (start with 5 or 10 minutes of practice time instead)
- ▶ Let your child brainstorm with you and involve them in the practice discussion.

IDEAS TO DISCUSS WITH YOUR INSTRUCTOR

It's okay to ask your instructor about your child's lack of motivation to practice.. Instructors usually have some great ideas!

Here's some questions you can ask:

- ▶ Is your child bored?
 - ◇ What music does your child love to listen to?
 - ◇ Does your artist child want to do a certain type of art?
 - ◇ Is there a specific dance step your child wants to work towards? Or music to dance to?
- ▶ Is there a soundtrack your child can practice with?
- ▶ Is there an upcoming recital, group class, or art showcase?
 - ◇ The incentive of playing in front of peers is a big motivator to practice.





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*At Austin Arts Academy we change **music**, **art**, and **dance** lessons from rigid or boring to fun and engaging. An experience students will love!*

Want to find out even more about lessons?

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