

# Preschool Students Introduction to Dance

The first few weeks of classes serve as an introductory phase to help students become comfortable with the overall dance experience, classroom, their teacher, and their classmates.

Right from the beginning we focus on your child's;

- Coordination
- Musical Awareness
- Listening Skills
- Ability to Follow Directions
- Ability to Stand in Line
- Use of Manners
- Imagination



We accomplish this through age-appropriate music, simple exercises in ballet and tap, creative movement activities, and guidance from our staff. Our preschool program is designed to help children tap into their imaginations and express themselves creatively while learning basic dance steps. So don't be disappointed if your child doesn't pirouette around the house or look like a budding ballerina right away.

## I. Separation from the Parent

The process of separating from the parent as the child attends dance class is an important accomplishment of preschool children.

As children mature, they begin to identify themselves as independent personalities. In separating from you your child is learning how to;

- Develop an interest in the activities of the dance class
- Feel comfortable with other children in the class
- Understand that his/her parent will come back and pick him/her up

It is important to know that at times young children will explore the limits of attending dance class and say they don't want to go. This period may occur anytime, but it is usually short-lived. Here are some suggestions that might help you handle the situation;

- Emphasize what the child is doing at the dance class rather than what you do while he/she is in class
- Avoid prolonged good-byes
- Expect the crying (we do too!) and know that usually the tears are for the parent's benefit.

## II. It May Not Be the Right Time

If your child cries or does not want to take a class, don't panic. If parents push children and create more stress than he/she is already experiencing, the child may come to perceive dance class as a bad experience. That kind of negativity could make them apprehensive about dance. Never force your child into the classroom.

If your child stops attending class within the first month, we understand. We encourage you to have your child try again next year. Our doors are always open.

We recommend that children be encouraged to practice at home, but not forced to do so. Repetition is one of the key elements for success with preschool dance students; the more they practice, the more confident they will feel. Practicing with your child allows you to join in the dance experience.

We are excited to work with your child today or in the near future!