



Tips for a Young Dancer's First Class

A child's first dance class is an exciting big step in a young person's development! Our Primary and Creative Movement classes offer dancers exercise, socialization, and an intro to rhythm, musicality, memorization and more! But it can sometimes be very nerve wracking! It's a new environment, a new teacher, and lots of new things to learn and take in. Please read the following tips prior to your dancer's first class to help make the transition as smooth as possible.

1. Prep your Dancer

Before the first class, prepare your dancer for what to expect. Each class is 45-minutes. There will be lots of other students taking their first dance class – just like them! Make sure they have a water bottle. Please arrive about 10-minutes early to use the restroom and calmly prepare for class.

2. Know the Uniform

The appropriate attire is very important in dance – it enables the teacher to see a dancer's form and gives young dancers confidence when they are wearing the appropriate attire. You can find your dancer's dress code information on our website: nwdanceproject.org.

3. Be Positive

Be supportive and encouraging! Allow your dancer to show you what they've learned in class. This will help them gain confidence and be excited to come back and learn more.

4. Know the normal signs of separation anxiety!

We as educators, have seen it all and are prepared for all sorts of reactions from dancers to their first dance class. Whether it's bouncing up and down for joy, or crying crocodile tears, please know all reactions are normal to this significant change.

Normal signs of separation anxiety:

- Clinginess
- Tantrums before class
- Crying (getting ready for class or coming to class)
- Complaining of stomachache or feeling ill before class

Tips for Saying Goodbye

- Develop a goodbye ritual (a special wave or a kiss goodbye)
- Leave without fanfare (don't make it a bigger deal than it is)
- Try not to give in
 - It's hard to leave when your child doesn't want to let go of your hand. We get it! You want to offer to stay and watch, dance alongside them, etc. But the quicker you leave, the faster we can get your dancer moving and distracted. We'll always call if we can't get it worked out.

Please remember, we strive to educate in a safe and welcoming environment. Staff will always be there to help your student and we are always reachable to answer any questions. We look forward to having your student join us!