

# IT'S OKAY TO CRY!

the A,B,C of why children cry

## A

**New Enviroment:** New places and people can be overwhelming at first as dance lessons expose children to a new environment with differnt stimuli including sights, sounds, textures, and friends.

## B

**Age:** Children develop their cognitive, emotional and social skills at their own pace. It's okay to give your child time to adjust to this new expirience

## C

**Separation Anxiety:** A dance class may be the very first time your child is separated from you. Your child may cry which is very normal and expected. Together with time and patience, everyone will enjoy the magic of READY SET DANCE!



Navigating little peoples big emotions is tough! We've put together some tips and tricks to ease your little dancer into dance class!



# FROM TEARS TO TRIUMPH

Helpful tips for creating a positive association with dance for your child!

- Dance class is so much fun! You can get ready for it by talking to your preschooler about what will happen. Tell them when you will go, what they will do, and who they will meet. They will have nice teachers and new friends to dance with!
- Arrive early to have a quiet look around, meet the teacher and get ready to transition into the studio. No need to sneak away, even when there are tears.
- Make sure your dancer goes to the bathroom before class so they don't miss any of the fun. Also, bring a water bottle for them to drink when they get thirsty.
- Some preschoolers may not want to join in right away. That's okay! They can watch for a while and see how much fun everyone is having. When they are ready, they can join in and enjoy themselves too!
- Let your child tell you what will make class feel safer. For example, bring a snuggly toy to stand in for you.
- You can watch your preschooler on the CCTV and see how well they are doing. Tell your dancer that you LOVED watching them on the TV!
- Your confident body language, positive enthusiasm, and confident goodbye is reassuring. Set a time frame for hugs and kisses before and after class.
- Debrief after class. Talk about their experience in a positive way. What were their favorite parts of the class? What are they going to try next week? Encourage your child to teach YOU what they learned in their lesson.
- Purchasing a READY SET DANCE Uniform may help your preschooler settle faster as it can assist in creating a sense of belonging. They will look great and feel like they belong to the dance family!

## WE PROMISE IT GETS BETTER!

Your child will gain confidence in their ability to make choices learn new things, form ideas all on their own and then proudly share them. As you witness these developments, Enjoy!

