



Note to Dance with Me and Preschool classes

Welcome, we are all so happy to have you and your children as members of our Center Stage Dance family.

Here are some helpful hints for you so your child is provided the best dance experience possible.

- Please don't be late for class - To help your child with the anxiety of being at a new place with new people please do not be late or rush them into the dance room. Try to make this process as smooth as you can. If you are stressed or anxious they will be the same. Our children feel everything that we feel. Being tardy throws your child and the other children off schedule.

- Have your child use the bathroom before class begins

- Do not leave your preschool child alone at the studio during their class. We have them come out to you 1/2 way through the class to change shoes and see you. This helps them to feel more secure and is another opportunity if a child has to use the bathroom. If you are unable to stay please inform the teacher **before the class starts**. A child who cannot use the bathroom independently is not allowed to be left at studio. No instructor or assistant is permitted to help with bathroom visits.

- If your child is not participating please don't be discouraged. All children learn at different levels. Some like to participate right off and others like to observe. The children who observe are more visual and will take part once they feel comfortable. They might start out sitting on the floor next to you, then you will see them standing next to you and then all of a sudden you see them joining right in with the other children. This could take a few weeks. When this happens it is your cue to leave the dance room because they are feeling confident and comfortable to be with the teacher and the other children. If your child is having trouble separating after 4 or 5 weeks, we may suggest you try the Dance with Me class until he/she gets used to the class structure and can move back into an independent learning environment.

In the Dance with Me classes, it is very important that adult participant stay “present” in the classroom the entire length of the class. Complete involvement is necessary for these classes to operate efficiently as a group and to give your child the best chance to progress at an optimal level. Please help keep your child engaged and away from any props or equipment when they are not in use. Please no use of cell phones or cameras during class.

- It is more beneficial to have a child start in a class that we feel is appropriate for them. If they show boredom or need to have more of a challenge we will move them up to the next level. It is better to move a child up and not backwards. This gives them a positive feeling.

Do not be overly concerned if your child has a “set back”, decides they no longer want to enter the studio, cries and clings when they never did before. This behavior is all within the “realm” of normal. Be patient. Discuss with the teacher. More often than not, this behavior disappears as quickly as it started.

Curriculum for the year

In the Preschool class your child will learn basic creative movement and dance skills such as tempo, parts of the body, direction changes, hopping, skipping, foot and eye coordination, free movement, patience, being a leader and a follower, manners, taking your turn, transitions, talking in rhyme, singing and expression. Our young dancers will learn colors, counting and the use of creative props to learn basic ballet & tap skills while having fun at the same time. Preschool classes participate in the annual recital.

Our Dance with Me focuses on teaching a child how to be in a learning environment through a guided creative movement class while giving the parent and child quality time of learning together.

Sometimes high expectations and comparisons can add a lot of pressure for little ones. Be realistic about your child's progress and realize that we all learn at different paces and have particular strengths. Be proud and supportive of all accomplishments because your child is amazing in their own special way. Positive reinforcement and encouragement help children feel more confident, and in turn are more willing to learn new steps and enter new environments.

We as a studio are eager to provide the best early dance education possible for our dance family. Children do not stay little forever and in this short amount of time we hope you both have a wonderful dance experiences that will be cherished for years to come. Thank you for your participation in our Preschool Program.