

# Ways to Support Your Dancing Child

If your child pursues dance, you'll want to be there every step of the way. Supporting a dancer is no different from supporting an athlete or an academic prodigy—what matters most is your presence, encouragement, and interest. Your child may not always say it, but your support means more than they can express.

Here are some simple, effective ways to show your child that you're there for them:

- **Show genuine interest:** Ask your child how lessons are going. What did they learn today? What are they excited about? Invite them to demonstrate a step or share their progress. Listening and engaging shows you care.
- **Focus on their strengths:** Encourage your child to celebrate their own progress rather than comparing themselves to others. Healthy competition can be motivating, but let them know you're proud of them no matter what.
- **Help them set healthy goals:** Support your dancer in setting realistic, manageable goals. Encourage hard work and discipline, while also reminding them to balance effort with rest and fun.
- **Trust the instructors:** Remember, you're the parent, not the teacher. Let the instructors lead in the studio while you cheer your child on from the sidelines. Step in only if there's a clear issue that needs addressing.
- **Teach accountability:** Encourage your child to learn from mistakes rather than expecting perfection. Remind them that setbacks are part of growth in any skill or art form.
- **Be a good sport:** Model kindness and respect toward other dancers, parents, and instructors. Celebrate others' successes as well as your child's—it creates a healthier, more positive environment for everyone.
- **Avoid the "dance mom/dad" trap:** Don't place too much pressure on your child. Dance should be a joy, not a burden. Support their other interests and keep academics in focus too.
- **Be a proud parent:** Show your enthusiasm openly. Celebrate their certificates and accomplishments, attend performances, and let them know you love watching them dance. Small gestures of pride go a long way.
- **Be present:** Whenever possible, attend rehearsals, recitals, or competitions. Your presence speaks volumes.
- **Make time for dance:** Beyond showing up, carve out time to engage with your child's dance life—whether helping with practice, watching a new move, or simply talking about their passion.
- **Have fun together:** Dance teaches discipline and opens doors, but at its heart, it's about joy. Encourage your child to enjoy the process, and don't forget to share in the fun with them.