

## **Tips for successful practise at home for 4-8 year olds —**

- establish a regular practise routine. This might be 10 minutes before school or after school.
- Be sure every practise session has an aim to start with.
- Keep practise sessions short (especially if a beginner).
- Need general motivation and stimulation (perhaps create a practise sheet and give little rewards). Attend live performances for kids.

## **Notes for Parents -**

- You don't have to have a great knowledge of music. Just being with your child when she/he practises is giving them the support they need. Ask them questions about the pieces they are working on, such as getting them to name the notes.
- Regular time slots for practise sessions is the best way for success and progression.
- When studying a piece, the parent should set the tempo and help count the beats.
- Practise sessions should happen before whatever entertainment happens (such as watching TV or playing on iPad).
- In case they refuse to practise, that entertainment activity/reward is off the agenda!
- If practise becomes too difficult, maybe that time of day is not suitable. Find another time in the day that you can stick to at regular times.
- Provide positive feedback. As soon as they feel like they are progressing they will want to learn and play more.
- The important point to remember is that playing a musical instrument is a skill and requires time and support from the parents to help. If the child doesn't get this support, they will likely give it up because they feel they are not good enough to continue by themselves.
- Host a "mini recital" at home where your child gets to show you/family/friends what they have been learning.
- Create a new song/piece with your child. Explore all the notes they know and create a melody for the lyrics you made up together.
- Have a "speed session" together - this could be playing for 5 minutes in the morning before school, going over anything they choose to play or working out something they got stuck on before. Our minds are much more clear in the mornings and practise before school is often more productive.