



# Supporting Music Practice Through Different Ages & Stages of Development

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## EARLY CHILDHOOD

- **Games** help young children learn.
- **Imagination:** Work with your child's imagination instead of against it.
- **Routine** - getting into a routine helps your child learn what to expect and over time helps reduce resistance
- **Creativity** is key. Keep things fun and bring in creative ideas that are interesting to your child outside of practice. Try new ideas! Even if they don't work we have learned something about what strategies do work for our child.
- **Timing** - older students can dig deep and focus on demand. Young children have times in their day when they can focus the best. Schedule practice with those needs in mind.

## GRADE SCHOOL

- **Develop ownership** from the start.
- **Be consistent.** Parents report that kipping days actually makes it harder to practice the next day.
- **Getting Started** can be a challenge. Find out what eases your child into practice and start with a transition activity.
- **Make it social.** Motivation often comes from making music with others. Attend group classes. Get together with a practice buddy. Look for social opportunities for music making.
- **Develop Habits.** Habits are more effective than using willpower or remembering to practice. Families report that making practice part of the daily routine is the number one thing that makes this work for them.

## THE TEEN YEARS

- The biggest thing your child needs from you during this time is **encouragement**.
- **Keep things positive.** Tell your child what you like about their playing and point out what is going well.
- **Use humor.** It's easy for tensions to run high between parents and children during these years. Using humor can keep things light and keep communication open.
- **Show up.** Keep showing up. Attend all the performances and events your schedule allows. It is often more important to teens than they share.
- **Feed Motivation.** Look for opportunities to build motivation. Concerts, Learning Opportunities. Music to listen to at home. Motivation can be built and you can play a big role in creating a motivating environment at home.