

Calm Practice Checklist

Set your child up for success by being prepared for the tough days ahead of time.



The Little Things

- Snack**
Hungry kids are one wrong note away from being hangry kids!
- Bathroom**
Nobody can concentrate when they have to pee.
- Mental break**
Give your child time to decompress from school or their previous activity.
- Minimize noise (audible and visual)**
Distracting sounds and sights can keep your child unfocused.
- Take a moment for yourself**
Don't pass your overwhelm to your child - take a breather before practicing.

The Big Picture

- Practice every day**
The more consistent you are, the more your child will expect (and not resist) practice.
- Whether and when is not up for discussion**
You are in charge. Practicing is not a negotiation.
- Know when to stop**
If you know your child is past the point of learning, call it a day.

Prepare Ahead

- A choice**
Allegro or Etude first? Empower your child with choices they can safely make.
- A game**
Games are not a last resort - they are an everyday strategy for joyful learning.
- A wiggle break**
Hop on one foot for 10 seconds, run three laps around the room - get that energy out!