



CLASS TOP TIPS FOR PARENTS / CARERS

Welcome to 'babyballet®', the fun and exciting dance programme for toddlers and young babyballet® children. We hope that with our continuous efforts and commitment, we will make this a worthwhile and enjoyable experience for your babyballet® star.

'babyballet®' is all about getting babies fit and active from an early age and teaching that exercise can have many benefits as well as being mega fun! We have compiled the following list of helpful hints and suggestions to make the class run smoothly and efficiently, ensuring the maximum benefit for both you and your babyballet® star.

Although the following advice will benefit you greatly, it is also important that you read, sign and return the official babyballet® terms and conditions so that you are fully aware of what to expect from your babyballet® classes.

1) Don't expect too much too soon from your babyballet® star!

The first few classes may seem daunting and it isn't unusual for the babyballet® star to hide behind their parent or carer. They will eventually get used to the structure of the class and their confidence will grow over the weeks to come. Once they have settled in, they will start joining in and taking part more readily. Don't force or pressure your babyballet® star to join in, gently encourage him or her to take part.

2) If you join in....your babyballet® star will join in!

Feel free to join in yourself at any time. We encourage parent and carer participation so that your babyballet® star feels comfortable. This will give your babyballet® star more confidence and he/she will begin to copy you as well as us. Don't be embarrassed to join in as your babyballet® star will enjoy watching you and thus will begin to interact more readily.

3) Take the class home!

Encourage your babyballet® star to practice at home. In fact, parents have told us on many occasions that the babyballet® stars amaze them by repeating things at home that we have done in class, especially the ones who don't readily participate. It's great fun and a great way to bond more with your babyballet® star.

4) Please refrain from chatting during the class.

The babyballet® stars do get easily distracted and we can get much more out of them if the room is quiet. We love you to join in the songs, dances and actions, and to encourage your babyballet® star, but it can be very difficult to get the most out of the class if parents / carers sit and natter to each other.

If you do have any queries regarding the 'babyballet®' programme or any aspect of your babyballet® class, please contact your class teacher by phone or email or see them at the end of your class. They are more than happy to discuss any queries, concerns or compliments that you have about the class and your babyballet® star's development. Every babyballet® star is important to us so please ask, no matter how small you feel your query may be.

May we take this opportunity to thank you and your babyballet® star for supporting the class and for helping to make it an enjoyable and rewarding experience.