

Essential Survival Tips for Parents of Young Instrumentalists
or
The Secret of Daily Good Practice
fondly known as
The Stressed Mothers' Valium!



DO

- Give serious consideration to practicing the instrument in the morning.
- Organise your practice and give time to scales, studies and performance pieces—a simple timetable will help (sample copy enclosed).
- Should the child get frustrated with something on a particular day, leave it for next day and move on to something else.
- If the child continues to have difficulty throughout the week, inform the teacher and the problem will be solved at the next lesson.

Tips to help cope!

- If you feel like packing it all in, **THINK** before you act!
- Remember, you are not the only one going through this—we are all in the same boat.
- Always **THINK POSITIVE**—no matter how hard the slog, it's worth it in the end. Miracles will happen!
- Support from other parents is always available. Just ask for it.
- There is an old Irish saying: “Ní neart go cur le chéile” which means “Unity is strength”.
- We are all a big family here, working for the same goal.

DON'T

- Let both you and your child get over-stressed.
- Pack it in at the first hurdle.
 - Expect miracles too soon—they will come later!

The Advantages of Practising the Violin in the Morning

- The child is more alert and can absorb more.
- You are more alert and more enthusiastic.
- You are more patient.
- The child is more patient.
- Once the child gets used to the morning practice he/she becomes more willing and more biddable.
- It all becomes part of the daily morning routine.
- The child's mind is more receptive to learning.
- Both your mind and your child's mind are not filled with other distractions, i.e. none of the pressures of the day have yet disturbed you.
- Once it is done it is over for the day!

The Disadvantages of Practising the Violin in the Morning

- It takes organization.
- It means getting up earlier.
- Unwillingness on the part of the child to adjust to the whole idea of morning practice at first.
- Unwillingness on the part of both the parent and the child to change their morning routines.
- It does take effort. Rows are sure to enter the scene!



Realistically!

- It takes a lot of time and effort before your child is a good performer.
- Good practice is time consuming and sometimes very frustrating.
- Rome wasn't built in a day and neither is good instrument playing learnt in a day.
- As your child gets older, he/she will need to do some evening practice as well as morning.

Finally!

Remember that nothing worthwhile is ever easy, so enjoy it all! Have lots of fun!!