

## **The 7 S's of Practice**

**Structure** – Consider the structure of your home life and set realistic goals for practising. Establishing regular practise habits makes things run smoother. Make the time a mutual decision with older students. Decide on the consequences for YOU and your child if the practise is not carried out at the agreed time. Practice on the day of your lesson. A huge amount of memory loss occurs within 24 hours, which is why your child can no longer do something at home, that they did for their teacher during the lesson.

**Supplies** – Have instrument and other materials in good working order and in a pleasant, convenient place to use them.

**Strategy** – Have a predetermined goal. Goals are concrete, measurable and related to a definite time period.

**State** – The state we are in affects our ability to learn. Postpone practise if you can see that one of you is not able to handle it. Fake it – try to create a better state for the session. Focus on positive things.

**Style** – We all have a dominant sensory mode: auditory, visual, or kinesthetic. Try to work out what your child's preferred learning style is, and play to their strength. If something is not working with your child one way, try another.

**Success** – Success makes you want to do it some more. It sparks positive emotions. Small, frequent successful steps for practice.

**Self-Esteem** – At the end of every practise session you want to nurture your child's self-worth above all