

Competitive Dancer Parenting Strategies

Pre Competition

- Have costuming, car, hotel needs organized
- Model the behavior you want to see
- Create a calm atmosphere by being prepared
- Focus on affirming what your dancer can control - "you have been working hard and I am excited to watch you shine"
- Encourage mental preparation & practice

At Competition

- Encourage independence
- Support teachers and coaches
- Let the dancers know they have your support

After Competition

- Validate your dancer's feelings
- Give space for these feelings
- Do NOT go into fix it mode
- Let your dancer face challenges and build emotional resiliency
- Let your dancer lead the conversation
- Help focus on the positive, even if that is only they learned for next time or they did something they love!