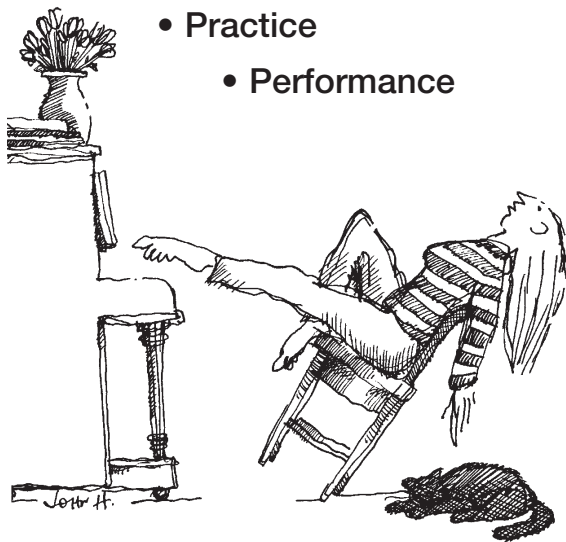


# Help your Child Enjoy Music

## Questions parents ask...

Studies show learning music develops brain capacity, teamwork, coordination, and more. Performance builds confidence and presentation skills. And it's fun! But take heart, if your children resist the slog of regular practice, they're normal!

## How to ease pressures of:



**Practical tips from Ruth Bonetti,**  
Educator, AMEB examiner and author of

- *Practice is a Dirty Word; How to clean up your act*
- *Confident Music Performance*
- *Don't Freak Out – Speak Out*

## ENCOURAGE YOUR CHILD'S PRACTICE

**Qn. "We lead busy lives! The teacher wants daily practice – how much is enough?"**

- A.** Like food, music needs regular input. Aim for 6 times per week. As a rough guide:
- Small children: 10-15 minutes daily.  
Teenagers: around 30 minutes. Allow pressured Year 12 students space to juggle demands.

**Qn. How to enforce when they slacken?**

- A.** Bribery is better than bludgeon! Suggest:
- "Set short-term, do-able GOALS (concert/exam)."
  - "Practice in bite-sized bits".
  - "Practice what you CAN'T play instead of what you CAN".
  - Help them schedule a regular time.
  - Check the lesson notebook each week.

**Qn. "Should I sit in on lessons?"**

- A.** Some children respond better to the teacher one-to-one but discuss with both.

**Qn. "I'm not a musician, how can I help?"**

- A.** Teachers know that parental support = faster progress.
- Praise works wonders! Don't comment if early sounds are crude.
  - Suggest (but don't force) they play to family and friends.
  - Take them to concerts, buy recordings.
  - Keep instruments in good working order.

More tips in *Practice is a Dirty Word* by Ruth Bonetti.

**"It's frustrating! We parents pay for an instrument and tuition. The child shows talent but then drops out! I hope this book helps now my daughter's lost interest – but I wish I'd had it in the start-up package."**

Stephen Oddy, Bardonia, Qld



**Ruth Bonetti**  
*Creates Confidence*

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## HELP YOUR CHILD'S MUSIC PERFORMANCE & ORAL PRESENTATION

Encourage them to:

- Prepare early to avoid last minute panic
- Book several piano accompaniment rehearsals well before the performance
- Suggest a run through to family and friends
- Help them organise to arrive in good time
- Take a water bottle to the venue
- Take slow deep breaths
- Stand against a wall to ensure upright posture. Subtle knee bends relax tension
- Be positive and reassuring. "Some nerves are normal! Just do your best"
- But don't overload with advice; give them space to prepare and focus
- A few mistakes in performance don't spell doom. Tell them you're proud – whatever happens.



More tips in *Confident Music Performance*, and in *Don't Freak Out – Speak Out*, available at [www.ruthbonetti.com](http://www.ruthbonetti.com)

Here are the tools to

# Star Performance!

**Books by Ruth Bonetti**  
*enable confident performance.*



**Practice is a Dirty Word** - Rescues teachers, parents and students from the bogey of practice. Helps developing musicians to "work smart" so they can enjoy their playing and realise their potential.

ISBN: 0 9578861 5 2

"I strongly recommend the book for anyone, especially those for whom the fun has disappeared from 'playing' music."

Jeffrey Scott Doebler, Ph.D.,  
Director of Music Education and Bands, Valparaiso University, Indiana, USA  
President, Indiana Music Educators Association, USA

"For any parent or teacher who has come close to tearing their hair out over their child's music practice, this book is a godsend! Can you imagine never again having to nag your student to practice? Ruth Bonetti's book could be the end of all your woes!"

Australian Music Teacher

**Confident Music Performance** - You've practised hard, you have ability – but are you able to walk on stage and shine? This book will help you face the audience without fear, enjoy the moment and succeed.

Shows how to:

- Cure shakes, jitters, brain fog
- Excel in exams, auditions, concerts
- Survive mistakes and hazards on stage
- Enjoy confident performance

ISBN: 0 9578861 6 0

"This easy to read gem of a book gives lots of practical, down-to-earth advice. Regardless of what instrument you play, this is a valuable asset for both teachers and performers. Written in a sympathetic, user-friendly style, is highly recommended."

Music Teachers Association Magazine



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*Creates Confidence*

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**Ruth Bonetti** approaches practice and performance issues from 30 years as a professional musician, teacher and speaker – and as a mother of 3 sons. She has performed and presented student and faculty seminars across Australia and in Europe and America.



**Ruth Bonetti**  
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**Ruth Bonetti gives seminars and keynotes covering the gamut from positive preparation to confident presentation. For information email: [ruth@ruthbonetti.com](mailto:ruth@ruthbonetti.com) Ph: 61 7 3300 2286 or 61 411 782 404**

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"What a lifesaver! Your books really helped me get over my stage fright."  
Anna Laino, Ohio, USA (singer)

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