

How to Develop Healthy Practice Habits

My Weekly Practice Schedule - Make a plan

Recommendation: Practice at least five days a week for the amount of your lesson time

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time							
Partner							

1. Be consistent
2. Work together
3. Set goals
4. Break up big goals into tiny tasks (“chunking”)
5. Communicate with your teacher
6. Keep “the big picture” in mind

“Teaching music is not my main purpose. I want to make a good citizen. If children hear fine music from the day of their birth, and learn to play it, they develop sensitivity, and endurance. They get a beautiful heart.” -Suzuki

Questions for discussion:

- What practice techniques have worked for you?
- When do you practice?
- Are you experiencing any difficulties practicing?
- How are you and your child handling the experience of music lessons?

Recommended reading:

Nurtured by Love by Shinichi Suzuki

Ability Development from Age Zero by Shinichi Suzuki

Helping Parents Practice: Ideas for Making it Easier by Edmund Sprunger

To Learn With Love by William and Constance Starr