

# fabulous friday flyer

SOUTHEAST  
TEXAS  
SUZUKI  
ASSOCIATION  
SOUTH/SE  
REGION  
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## Freaky Friday, October 2015

### Simplifying the process of practicing... easier said than done?

A parent talk by Danette Schuh

**Simplify:** to make less complex or complicated, to make plainer or easier.

So what does this really mean? Some say it is to eliminate all but the most essential, or to eschew chaos for peace. Getting rid of clutter to keep and enjoy only things of great value is another view.

Is this a simple process, to simplify? Is it quick and easy, or gradual steps, a journey rather than a destination.

First, one must ask the question, do we need or want a change? If the answer is yes, it's time to get to

### The short list:

1. Identify what's important to you
2. Eliminate everything else

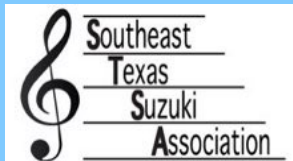
work! Developer Chris Oliver says "Want Something? Make it easy to say YES. Appeal to a person's wants." Think about how to make it easier for you and your child to say "yes" to practicing. Appeal to your child's wants. Does your child love

games? There are lots of ways to turn practice tasks into games. Does your child love working for a goal? Write those goals down on paper and keep track of their progress. Is it too difficult to get started every day? Redesign your practice space or eliminate packing and unpacking to save time and effort.

Now, get focused, practice every day and enjoy the rewards!

### Next Class: November 13

Formation Friday! Calling all artists! We're going to discover the form and foundation of musical structure through drawing pictures!



"Any child can be developed, it depends on how you do it"  
-Dr. Shinichi Suzuki  
on the web at [stxsa.org](http://stxsa.org)

# What's next? Upcoming STXSA events...

October 23  
STXSA SW Region  
Spooky Suzuki

November 7  
STXSA S/SE Region Recital

November 13  
STXSA S/SE Region  
FABULOUS FRIDAY  
GROUP CLASS

Formation Friday

November 14  
STXSA SW Region  
Ribbon Festival

December 2015  
STXSA HOLIDAY  
CONCERTS - TBA

January 8  
STXSA S/SE Region  
FABULOUS FRIDAY  
GROUP CLASS  
Fine Motor Friday

February 6  
STXSA WORKSHOP

[details at www.stxsa.org](http://www.stxsa.org)

## Simplifying the process of practicing... easier said than done? (continued from pg. 1)

### Make it easier

5 simple things to facilitate your practice sessions.

#### 1. Create a good habit.

Try practicing at the same time every day. Having a special time just for practice will increase the expectation and reduce resistance in your child.

#### 2. Reduce the effort to get ready.

Set up a special area for practice. Leave the instrument out, in a safe place, so there is no unpacking. Convenience is key.

#### 3. Prepare for interruptions.

Have a snack and a drink of water beforehand, use the restroom, take off your shoes, get comfortable. Eliminate the common excuses for stopping.

#### 4. Have a practice list.

Your teacher can help you with a list of tasks to practice every day. This keeps you organized and reduces arguing and complaining about what to do.

#### 5. Streamline your goals.

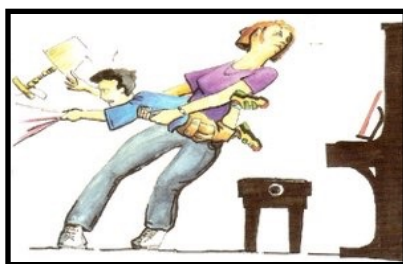
Suzuki's "one point teaching" idea works for practice as well. Focus on ONE THING during the practice session. Working on only one idea at a time can help deepen the understanding and mastery of that point. Your teacher can help you with what point is appropriate for your child's age and current level of study.

Things that make practicing hard:

- 1.
- 2.
- 3.
- 4.
- 5.

What I can do to make it easy:

- 1.
- 2.
- 3.
- 4.
- 5.



Practice at the same time every day to reduce resistance in your child.

Don't worry, be happy!



Remember, no matter what happens, music is not a life or death matter. Tomorrow is another day, and another chance to practice again. Relax and enjoy the time together with your child and enjoy the process of creating beautiful music!

## Suzuki Philosophy

### The Seven Concepts of the Suzuki Philosophy, by Danette Schuh

*Part Two in a seven part series exploring the Suzuki Philosophy in depth.*

The Seven concepts, 1. Every child can learn, 2. Ability develops early, 3. Environment nurtures growth, 4. Children learn from one another, 5. Success breeds success, 6. Parental involvement is critical, 7. Encouragement is essential.

Research has proven that neural development in the brain is highly active in the first years of life, and slows dramatically thereafter. **Ability develops early** in children, and the very first years are the most important in a child's educational development. Parents should prepare a rich environment for their child, beginning before birth and continuing as they mature. Before Suzuki, it was commonly thought that very young children were not capable of learning. It was ridiculous to think that a three-year-old could play the violin. Suzuki believed that a child's greatest potential for learning was in the early years and that not a moment should be wasted. No child was "too young" to listen to music and develop their ear. No child was "too young" to watch the older children and imitate their behavior. In the right environment, very young children have great motivation to learn.