

More than just a ballet class

With arts provisions shrinking in our mainstream schools, more and more parents are looking for quality performance opportunities for their children. **Emma Morgan**, founder and director of Tiny Toes Ballet combines a Ballet Programme with the Early Years Foundation Stage Curriculum.

Our classes develop the whole child ensuring that a broader understanding and learning takes place within each ballet class. Tiny Toes

Ballet sees the development of skills and confidence in over a thousand children across the UK on a weekly basis.

Whilst dance is a good source of fun exercise for young children, it is also a creative outlet, which promotes health and wellbeing. The average human has 642 muscles in their body. Dancing makes use of many of these muscles and in turn helps children develop the use of their bodies fully.

In a study of Tiny Toes clients' (September 2016) it was found that, on average, 85% of parents felt that their child's confidence levels improved because of attending Tiny Toes Ballet. In the same study, 94% of parents said they would recommend our classes to

their friends and 99% felt that classes offered good value for money.

The participants of the study confirmed that their focus was as much on the development of their child's interpersonal skills as well as developing dance skills. Social interaction, language development, and musicality, were also key drivers.

There is a perceived view that children should only attend dance classes if they want to perform on a stage. The fact of the matter is that this couldn't be further from the truth. There is a magnitude of proven benefits to children who may exhibit signs of shyness or low self-esteem. Tiny Toes Ballet provides a safe environment within which young children can blossom and grow, practising important life skills.

The impact of creative learning on children is enormous. It promotes the importance of teamwork and social inclusion in a subtle but direct manner. A child who has the opportunity to study ballet and the wider performing arts becomes more interesting, expressive and motivated.

