

Simple Parent Starter for 10 ('Digital Poster' for parents with supporting points)

This table will be supplied alongside a poster/illustration

Key information	Things to Consider
1. There is a very wide range of 'normal' during childhood and adolescent growth.	<ul style="list-style-type: none"> Chronological and biological age can vary by 5 years – so a 12-year-old can look like a child or an adult this variation is normal. there can be differences in timing (when you go through puberty compared to your friends), tempo (how quickly you go through puberty) and stage (what stage of pubertal development you are in) What they <i>feel</i> might be different from what they look like.
2. Adolescence is tricky but a good thing! (There are benefits to puberty)	<ul style="list-style-type: none"> Adolescence encompasses social, emotional and cognitive development, which is why it spans such a long period of time. Improved reasoning abilities, may argue or disagree with adults as these skills become more sophisticated Increased levels of independence may lead to increased self-ownership of training - an excellent time for learning and creativity Eventually will be more adept at emotionally dealing with successes and failures Will become better able to establish more realistic goals about their abilities and participation
3. Persevere: Many of the challenges associated with pubertal physical changes are TEMPORARY.	<ul style="list-style-type: none"> Things to look out for include loss of flexibility, balance or coordination – these are all normal and temporary changes usually related to the growth spurt, which will settle down/improve Consider adjusting the training load and time for rest. Consider the impact of training on joints during growth period – particularly hips, knees & ankles (depending on genre)
4. Physical changes often have a psychological impact which is a normal human response when adjusting to change	<ul style="list-style-type: none"> Teacher may become a significant role model as they identify with non-parental adults Initially may argue or disagree with adults responding to growing reasoning capabilities May struggle to connect the importance of regular practice or training to the logical outcome of future dancing success Heightened emotional reactivity and sensitivity; greater self-awareness and social interest/sensitivity, risk taking behaviours may occur Peer comparison, concern over perceived physical differences

	<ul style="list-style-type: none"> • May rely more on peers • Will become able to establish more realistic goals about their abilities and participation • Consider the experiences of those who may experience earlier or later than average maturation – remember the ‘normal’ range is wide
5. Be practical in support (as well as understanding)	<ul style="list-style-type: none"> • Sanitary pouch – for male & female students (deodorant, towel, etc) • Have spares of everything (tights leotard, underwear) • Set up a non-verbal code with teacher when you need support and don’t want to draw attention to yourself. • Periods – when/timing – range – options for sanitary protection in dancewear • Breast development – respect need for early or initial additional support & comfort, bras/uniform or cover up options. • Be aware of sex differences in this experience – which also affects timing and speed of growth spurts – males will have an increased need for a support from dance belt • Challenges faced by adolescents – be ready with signposting for support • Bring (healthy) food to eat between classes, or activities. Bodies and brains are busy, and so they will be hungry, possibly without realising it. ‘Fuel’ intake or top up can help emotionally as well as physically.
6. Adolescence is a PROCESS, with specific ‘waypoints’. The age and stage of the child determines the right approach.	<ul style="list-style-type: none"> • Pubertal growth spurt includes not just a spurt in height but also in weight and can take around 3 years from beginning to completion • Peak height velocity refers to the most rapid period of growth during the growth spurt – look out for growing pains, frequent changes in shoe size/uniform – be especially vigilant during this time – it’s not a time for increasing training or learning new skills e.g. pointe work – for girls this often happens around age 12, for boys around age 14 – but all young people are individual – better to be attuned to signs of change in growth. • The sequence of key changes for girls (normally, but not always) is breast development, height spurt, menarche • Growth spurt – things to look out for e.g. complaints about knee or ankle pain – these are common in adolescents, but can be present at any age • Consider the potential for growth related injuries particularly around specific growth spurt issues at adolescence (Osgood Schlatters, Severs etc)