



TIPS to MAXIMIZE YOUR PARENT & TOT SESSION

The goal of the Parent & Tot session is to ensure that your Skater feels comfortable on the ice. It is not meant for the Parent to always carry around, support, or hold up their Skater for the whole session. The role of the Parent is to be there to encourage their Skater to try to do the things the coaches are instructing them to do on their own.

Our goal is to eventually have the Skater on the ice without their Parent.

DOs

- Celebrate the small successes (falling safely, standing up, balancing on their own)
- Allow your skater to fall
- Allow your skater to struggle
- Follow the circuit (obstacle course) - they have been designed to teach your skater the progressions of the basics of skating. Your skater's circuits will be focusing on the Pre-Canskate level.
- Allow the coaches to be "hands on" with your skater - this will help them not only start to feel more comfortable on the ice but also start to become more independent.

DON'Ts

- Hold your skater the entire time - it is important to teach them that falling is acceptable and everyone needs to learn how to get up (most skaters struggle with getting up on their own at first, keep encouraging them to try on their own, helping only in needed).
- Leave your group - please stay on your assigned circuit so that our Coaches not only know where you are but also to ensure that they are learning.

Yours in skating,

Thunder Bay Skating Academy