



## The Perfect Pointe Parent's Manual

By Lisa Howell B.Phty



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It is so hard for the parents of dance students to know what is best for their child, when they usually have no-one to ask but the studio owner or dance teacher. I have written a comprehensive manual for parents who want to be informed about common trials and issues that young dancers face. This includes information on diet considerations, physical development and psychological challenges that dancers face.

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