



Studio Newsletter

Helpful information for parents, caregivers
and students in Ingrid's piano studio.

A Good Bench Makes a big Difference

The eager young student **above** is excited to start. Look at the picture in the book of the young girl sitting, and look at the height he is at for practicing. Piano benches are built for adults, not growing children, and even then, adults need to adjust the height of their bench. Beginners need to be sitting at the right height from the start so they can develop good posture and ease of movement.

Can you spot the problems below?



Too low...



Too high (haha)...



Too close, and too low...



A habit of sitting too close has formed - no room for movement in her arms, and her heel can't touch the floor to use the pedal properly.

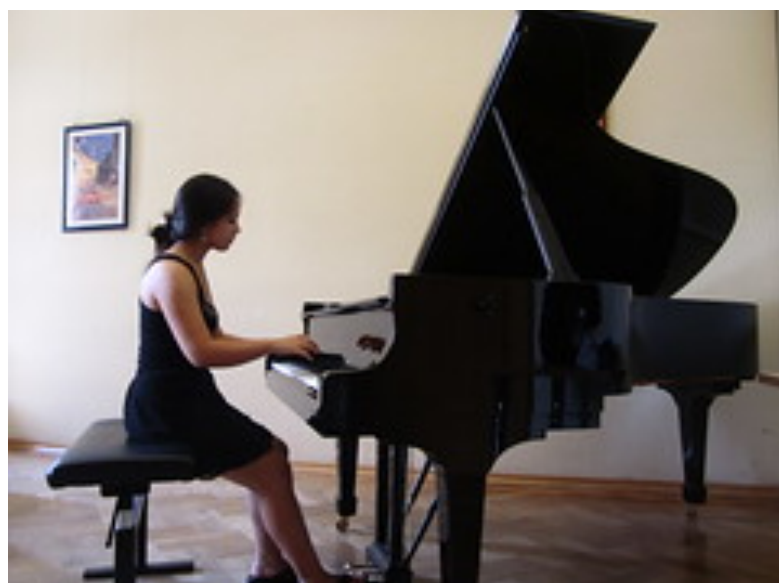
A little better!



A good height, although a little far - notice the straight arms.



A comfortable distance, fairly good height.



A comfortable position for playing as students get older

And what about the feet?

The right **bench height** and the **correct distance** from the piano are important for development. Muscles will remember playing in a cramped position even when the child grows bigger. **Having the feet supported is another crucial part** of their posture. Students need to feel they are connected to the floor in order to support their body when playing.



A comfortable, happy young pianist.

Here's what you can do:

Here is an important link on how you can help set up your child for practice at home without a lot of extra expense. Please click and read!

<http://www.wellbalancedpianist.com/bpseatingguide.htm#benchheight>