Diana's Language Coaching

7 Steps to Your Child's Confident Performance

BY DIANA BOLGARE



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INTRODUCTION

Dear parents, I've compiled my top tips and techniques to help you succeed while preparing your child for the Poetry recitation contest "Poetry in My Heart ❤️" . Some of these tips are from my teachers who prepared me for my poetry recitation performances during my school years and beyond.



1. START WITH WHY

Your first step is to understand your and your child's motivation.

- Why are you choosing to recite this poem?
- Does it mean something to you? What message do you want to share?
- How do you want your audience to feel?

To help your child, you need to deeply understand the poem yourself.

2. UNDERSTAND YOUR CHILD'S PERSPECTIVE

Kids thrive when they feel seen and understood.

- Listen deeply: What emotions, thoughts, or ideas are they sharing with you?

Tip:

Ask open-ended questions to explore their perspective and let them feel heard.

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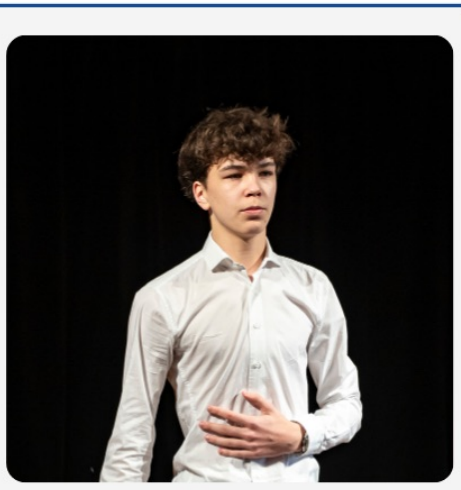
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3. PREPARE WITH EMOTION AND VISUALS

Help your child get crystal clear about every word in the text.

- Think about the context: What is the story behind the poem?
- Look at the details: What emotions or images are present?
- Pay attention to the tone: Does your child use the right intonation and stress to make the poem come alive?

Memorization Tip:
Draw pictures to remember. For a poem, sketch each line. Visuals make it easier to recall.





4. FOCUS ON REPETITION AND SMALL WINS

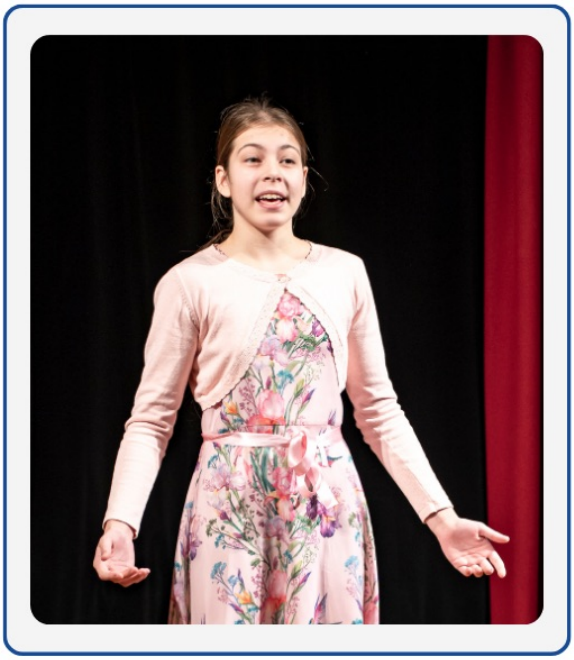
Practice is essential for building confidence—but it doesn't have to be overwhelming.

- Break it into steps: Help them focus on one task or skill at a time—voice, stressed words, pauses, and gestures. Once they've practiced each individually, combine them all.
- Celebrate small victories.

Tip: If they have trouble speaking loudly, suggest they imagine speaking so the person at the back of the hall can hear them clearly.
But loudness isn't everything. Great performers don't just recite - they feel the words and let them flow.

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5. HELP THEM MANAGE NERVES

It's normal for kids to feel nervous—here's how to help them overcome it:
• Teach calming techniques: Try simple breathing exercises, like inhaling for 4 seconds, holding for 4 seconds, exhaling for 4 seconds, and holding for 4 seconds.
• Visualize success together: Help them imagine a positive outcome.

Quick Tip:
Practice in any environment when possible.

6. BUILD CONNECTION

Encourage your child to connect with their audience, whether a peer or a family member:
• Make eye contact: Teach them to look at their listeners when speaking.
• Use natural pauses: Help them slow down to let their words sink in.

Bonus:
Your encouragement (and a big smile!) can give them an extra boost.

7. REFLECT AND CELEBRATE

After the performance, take a moment to review together:
• Reflect on the positives: What went well, and what made them proud?
• Identify areas for growth: Frame feedback in a supportive way.
• Celebrate effort: Acknowledge their hard work and courage to keep them motivated.

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CONLUSION

Parenting is about guiding, supporting, and cheering your child along their journey. With these tips, you'll empower your child to take on challenges, express themselves confidently, and grow into their potential—all while strengthening your bond.





Every performance is a step toward becoming a more confident and expressive speaker. With these techniques, your child will unlock their potential and leave a lasting impression on any audience.

If you are interested in working with me as your teacher, let us talk to see if we are a good fit.

Visit my website for more information and offers.

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