

# ANN ARBOR SUZUKI INSTITUTE OF MUSIC NEWSLETTER



**April 2019**

[www.annarborsuzuki.com](http://www.annarborsuzuki.com)

734.726.0171

~~~~~  
*The commitment of the Ann Arbor Suzuki Institute is to the most fundamental principles of Dr. Shinichi Suzuki, that talent is not inborn, but can be developed. We believe that every child can learn, and we are free from all discrimination. We are a non profit 501(c) (3) organization which endeavors to educate parents and children in the Suzuki philosophy, using music to enrich their lives and the community. In this way, we help create a better world.*  
~~~~~

## **How Suzuki Lessons Build Resilience**

**Shannon Jansma**

Resilience, the ability to handle stress or adverse situations, is a hugely important skill to help your child grow into a successful, happy adult. Neurologically, people with more resilience tend to handle stress in a different way. Stress, which begins in the amygdala, can impede or shut down the prefrontal cortex, the part of the brain which handles decision-making and social behavior. People with a high level of resilience are better able to activate their prefrontal cortex in times of stress, and use it to calm their amygdala, allowing them to recover from or adapt to the stressful situation more efficiently. Suzuki lessons give your child plenty of ways to build their resilience!

Resilience depends on the presence of supportive relationships. Since you and your child work closely together in lessons and practice time, you are fostering the sort of loving, caring relationship that builds your child's confidence. Knowing that they have you as a safety net allows your child to feel more comfortable exploring scary situations, and gives you opportunities to model your calming or coping mechanisms.

Social support is another thing that builds resilience. The more caring people surrounding your child and cheering them on, the more comfortable they'll be exploring new things. Through the Suzuki framework of lessons, group classes, and recitals, your child will find a supportive network of teachers, parents, and fellow students.

High level executive functioning is another important aspect of resilience. Executive functioning refers to all the cognitive processes that are necessary for behavioral control, like

memory, and the ability to control your attention and inhibitions. Building your child's executive functioning will help strengthen their prefrontal cortex and its connections to the amygdala. Keeping a steady routine, building memory skills and impulse control, creative play, and allowing children to make age appropriate choices all build executive function!

Nurturing feelings of competence and a sense of mastery will help your child build resilience, and an instrument is the perfect tool to use to this end. As your child works on improving their skill at their instrument and hears your praise of their effort and skills, they'll start to feel confident in their abilities, and eventually confident in themselves!

---

**Inspirational Quote of the Month:**

"Love doesn't have goals or benchmarks or blueprints, but it does have a purpose. The purpose is not to change the people we love, but to give them what they need to thrive. Love's purpose is not to shape our beloved's destiny, but to help them shape their own. It isn't to show them the way, but to help them find a path for themselves, even if the path they take isn't one we would choose ourselves, or even one we would choose for them."

-The Gardener and the Carpenter: What the New Science of Child Development Tells Us About the Relationship Between Parents and Children by Alison Gopnik

---

**Instruments for Sale**

Do you have an instrument for sale, and want it listed in next month's newsletter? Email Shannon Jansma at [shannonviolin@gmail.com](mailto:shannonviolin@gmail.com).

---

*Ann Arbor Suzuki Institute Faculty, Sharing Both Joy and Talent!*  
*Violin: Katherine Almquist, Judy Blank, Courtney Bonifant, Elizabeth Bakalyar Friedman, Kevin Horne, Rebecca Hunter, Shannon Jansma, Rebecca Kaltz, Lauren Pulcipher, Deborah Stanton, Anna Weller, Wendy Zohar*  
*Viola: Katherine Almquist, Courtney Bonifant, Wendy Zohar*  
*Cello: Alice Greminger, Joseph Jansma, Thor Sigurdson, Andrea Yun*  
*Bass: Derek Weller*  
*Guitar: Terry Farmer, Vera Flaig, MaryLou Roberts*  
*For more information on the Suzuki Method, visit: [www.suzukiassociation.org](http://www.suzukiassociation.org)*