

Pointers For Parents

Inspiring Children To Dance And Follow Their Dreams

(NAPSA)—Every parent wants to see his or her child succeed—to explore new hobbies and activities with enthusiasm and passion, to reach for big dreams and to embody a can-do spirit.

For young girls, one great example of this passion is the discovery and pursuit of dance.

Combining art and sport, there are innumerable benefits to dance, particularly ballet. From improved endurance and flexibility to enhanced confidence and strength, dance provides a constructive way for children to utilize their energy and encourages artistic expression in thousands of young girls involved in the art in the U.S. alone.

In the storybooks by Katharine Holabird and Helen Craig, Angelina Ballerina demonstrates a positive work ethic as she pursues her big dream of becoming a prima ballerina. Along the way, she encounters fun, adventure and some obstacles, but in the end, her passion for dance always shines through. By sharing in Angelina's experiences, children are encouraged to learn from their mistakes and continue pursuing their big dreams, too.

Angelina dances her way into the hearts of young girls on PBS KIDS and PBS KIDS Sprout, as well. In each episode, Angelina follows her dreams with grace and determination, capturing both the joys and frustrations of growing up, and demonstrating that real life isn't a perfect ballet.

Angelina will also appear in a special program designed by American Ballet Theatre to introduce families and young girls to ballet and inspire a lifelong love of dance and an appreciation of the performing arts.

"Angelina Ballerina's appearances with the American Ballet



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Theatre are always delightful and we are equally delighted to bring our artistry to young audiences," said Kevin McKenzie, ABT Artistic Director.

In tandem with American Ballet performances, HIT Entertainment and 20th Century Fox Home Entertainment will release a DVD titled "Angelina Ballerina: Angelina Follows Her Dreams." In addition, Penguin Young Readers Group will release 15 Angelina Ballerina book titles, including the U.S. release of "My First Ballet Class" and an all-new book, "Let's Dance."

For more information about Angelina and dance, visit www.angelinaballerina.com.

Angelina's Ballet Dance Tips:

- Don't forget to warm up your muscles—always stretch!
- Take time to cool down and relax your muscles before the end of your practice!
- Practice, Practice, Practice!
- Most importantly—have fun!

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Note to Editors: The U.S. celebrates National Dance Week (NDW) from April 20th to 29th. For more information about National Dance Week, visit www.nationaldanceweek.org.