



Parent's Piano Setup Checklist

Everything your young pianist needs
for a perfect practice session

7 essential checks | Height-by-age table | Product guide

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Piano Setup Checklist

Use this checklist before every practice session to make sure your child's piano setup is safe, comfortable, and ready for focused learning.

☐ Bench height set correctly

Adjust the bench so your child's forearms are parallel to the floor. Use the height-by-age table below as a starting reference:

Age	Recommended Bench Height
4 - 5 years	23" - 24" (58 - 61 cm) + footrest
6 - 7 years	22" - 23" (56 - 58 cm) + footrest
8 - 10 years	21" - 22" (53 - 56 cm)
11 - 13 years	20" - 21" (51 - 53 cm)
14+ years	18.5" - 20.5" (47 - 52 cm)

☐ Feet reach the floor

Both feet should rest flat on the floor. If they dangle, add a pedal extender to provide a stable footrest and avoid leg strain.

☐ Sheet music at eye level

Position the music stand so your child reads without tilting their head down. Eye-level reading prevents neck pain during long practice sessions.

☐ Good lighting on keyboard

Aim for at least 500 lux on the score and keys. A dedicated piano lamp prevents eye fatigue and helps read sheet music accurately.

☐ Practice timer set

Set a timer: 15-20 minutes for beginners, 25-30 minutes for intermediate. Short, focused sessions build skills faster than long, unfocused ones.

☐ Posture check: forearms parallel, elbows at 90 degrees

Watch from the side: forearms should be parallel to the floor, elbows at roughly 90 degrees. Wrists should be flat, not angled up or drooping down.

☐ Back support in place

Essential for kids who slouch. A bench with built-in lumbar support keeps the spine aligned and prevents fatigue during longer practice sessions.

Tip: Print this page and pin it next to the piano. Let your child check off each item before playing - it builds good habits!



What to Buy: Quick Guide

These three products cover everything your child needs for a comfortable, ergonomic piano setup that grows with them.

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|---|---|-----------------|
| 1 | Benchoom Kids Bench | \$99.99 |
| | <ul style="list-style-type: none">- Walnut finish, adjustable height- Fits ages 4-12 comfortably- Solid construction, 200 lbs capacity- Compact design for smaller keyboards | |
| 2 | Benchoom Premium Bench | \$285.99 |
| | <ul style="list-style-type: none">- Built-in back support for proper posture- Grows with the child (19"-24" height range)- PU leather cushion, 300 lbs capacity- Ideal for daily practice sessions | |
| 3 | Piano Pedal Extender | \$99.99 |
| | <ul style="list-style-type: none">- For kids whose feet don't reach the pedals- Adjustable height and angle- Non-slip surface, stable on any floor- Compatible with all upright and grand pianos | |

Best combo for young beginners: Benchoom Kids Bench + Pedal Extender (\$199.98). This setup covers ages 4-12 and ensures proper posture from day one.

Shop All Benchoom Products for Young Pianists

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Set up your child for musical success

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