

How to Teach a Child to Turn on Skis

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The Bedtime Story That Gets Kids Turning on Skis

The Swoosh book with a dinosaur footprint in the snow.

If your child points their skis downhill and refuses to turn, you're not alone.

Most kids *can* stop... but turning feels scary, confusing, or just not worth it. And the more parents say “turn left... now turn right,” the more the kid locks up and goes straight down again.

That's why I created **Swoosh the Snow-saurus** — a children's bedtime story that gives kids a fun “mission” on the snow... and the turning starts happening almost immediately.

The “Straight Down the Hill” Pattern... And Why It's So Hard to Fix

Here's what parents usually describe:

- Your child starts moving... and immediately gets fast.
- Their legs stiffen up.
- They hold the pizza wedge (or don't)...
- ...and they either panic-stop or keep going straight until you can intercept.

Parents try all the right things:

- “Make a big pizza!”
- “Turn your toes!”
- “Follow me!”
- “Look where you want to go!”

But the problem is: **instructions can feel like pressure**, and pressure makes kids tense... and tense kids don't turn.

Kids turn when they feel safe and playful. That's exactly what this story is designed to do.

If Your Child Won't Turn, It's Not Because They're "Not Listening"

In most cases, it's not stubbornness.

It's usually one of these:

- They don't trust their skis yet.
- They're scared of deviation from their current path, even on gentle slopes.
- They don't want to do something that would make them fall.
- They don't understand what turning is supposed to *feel* like.
- They freeze, then default to the simplest option: **straight downhill**.

And honestly? That makes sense. Turning is the first "big skill" that requires confidence, balance, and timing all at once. Some kids only have major muscles to work with – not the finer, assistive muscles, so their movements end up being big.

So if you've been feeling stuck, you're not failing your kid. You just need a better approach...

Meet "Swoosh" the Snow-saurus!

Swoosh the Snow-saurus

Swoosh is a big, friendly dinosaur who skis at night under the moon and stars... and somehow leaves behind something mysterious on the mountain.

The story is written in a warm, bedtime-friendly style with watercolor-style illustrations and a simple adventure kids actually want to talk about the next day.

That's right you can now teach your child to turn... at home.

Why This Story Works...

Here's the best way I can explain it:

1. It gives kids a mission they actually care about

Instead of "practice turning," your child feels like they're doing something important and fun.

2. It gives them a visual idea that naturally creates left-right movement

Kids don't need a lecture. They need a reason to move side-to-side.

3. Turning becomes the byproduct, not the pressure

When the focus is on the mission, the fear drops... and the turning shows up.

It's one of those "kid magic" moments where they stop thinking about the scary part because they're busy doing something exciting.

This Came From a Successful Lesson I Taught

Tony Herman with skis

My name is Tony. I've been a ski instructor since 2006. I have my **Alpine Level 2 Certification, Adaptive Skiing Certification for Visually Impaired and Cognitive Issues**, as well as my **Children's Specialist 1 Certification**. I train new instructors and run clinics at Cascade Mountain in Portage, WI as my side job (fun job).

I had a ski lesson where the parents came to me and had a kid who just... wouldn't turn.

The parents were trying everything. I could tell they were frustrated because the kid kept going straight down the hill, picking up speed, and getting scared.

So I came up with this story on the spot and I tried it.

Within minutes, the kid was turning. Not because I forced it. Not because I explained it better. But **because the boy had a mission in their head** — and turning was suddenly the obvious thing to do. The jaws of these parents dropped. They couldn't believe what they saw.

The best part? Later that day I saw them again, and the kid was still doing it. Still turning all over the place.

The parents were in awe. And I remember thinking: **this needs to exist outside of this one ski lesson.**

Who This Book Is For

Child skiing straight down the hill.

This book is a great fit if your child:

- Goes **straight down** gentle slopes and struggles to turn
- Freezes up when speed builds
- Resists drills or gets overwhelmed by instructions
- Does better with imagination and play than "technical" coaching

It's also perfect for parents who want:

- A simple tool they can use without being a ski instructor
- A calmer, more positive day on the hill
- A way to help their child build confidence *fast*

Best terrain: beginner areas and green runs

Best timing: the night before skiing (or the morning of)

What You'll Get

Swoosh book rendering

The Storybook (Pages 1-23)

- **Swoosh the Snow-saurus PDF** (children's storybook, 44 pages, softcover, matte finish)
- A fun, bedtime-friendly rhythm kids enjoy hearing again and again
- A story designed to transfer *directly* to the ski hill
- Watercolor-style illustrations with a cozy, magical winter feel
- Ski safety is built into the story
- An easy-to-print PDF file or softcover book

The Turning Guide (Pages 24-44)

Turning Guide

This companion guide will help you take what's in the storybook onto the snow. I explain how the story works and how you can use it to better help make sure turns happen.

- What you say once you get on snow with your child
- A explanation of how to adapt the formula to better suit your child
- 10 additional tips on teaching your child how to turn (just in case)

Book Preview

Here are two pages from the book – a rhyming story and good illustrations:

Swoosh the Snow-saurus book preview.

How Parents Use It

Keep it simple:

1. **Read it** the night before skiing (and the morning of).

2. On the hill, remind them: “**Remember Swoosh?**”
3. Let them do the mission and keep it playful.

Quick safety note: Always choose terrain that fits your child's ability and follow your ski area's rules. This story is a tool to encourage turning, but it doesn't replace supervision or professional instruction when needed.

Get the Book: Story & Guide

Swoosh book rendering

If you want fewer battles and more smiles on the hill... and you want your child to finally start making turns without you begging them...

Swoosh the Snow-saurus was built for that moment.

Buy Now: Digital or Print

[Digital: Instant PDF Download \\$9.99 \(PDF Reports\)](#)

[Print: Softcover Print Book \\$15.99 \(books.by\)](#)

Or [\\$15.99 on Etsy](#)

This version of the book has the story in the front, then the guide after it in the same book.

Get the Book: Story Only

Swoosh book rendering

Note: This version of the book has just the story, no Turning Guide.

Buy Now: Print

[Print: Softcover Print Book \\$12.99 \(books.by\)](#)

Get the Just the Turning Guide

Turning Guide

Buy Now: Digital

[Digital: \\$6.99 \(PDF Reports\)](#)

My Suggestion:

I would suggest getting the story as its own book (without the Turning Guide), then get the digital version of the Turning Guide for yourself, as the child's parent. You can then print that for yourself.

FAQs About the Book on Getting Kids to Turn in Skis

Will this work if my child is scared?

That's one of the main reasons I created it. The story takes the pressure off and gives their brain something fun to focus on.

Do I need to be a good skier to use this with my kid?

No. You're not teaching technique. You're simply reminding them of the mission from the story.

Should I use this instead of lessons?

It's not "either/or." This book is a great tool for families, and lessons can help even more if your child needs extra support or confidence.

How many times should we read it?

Most kids love repetition. Reading it a few times makes it even more effective because the imagery sticks.

What ages is this book for?

I'd say ages 3-8. It's best for beginner skiers on the bunny hill and green runs.

What if my child is older and thinks bedtime stories are for little kids?

You'd be surprised. The theme is fun and the mission feels "real." If your child likes dinosaurs at all, it usually lands.

Is this good for boys and girls?

Yes. Most kids like playful dinosaurs, and it's about skiing.

Does it also work for snowboarding?

Yes. The book is about skiing, but the concept is the same and works for snowboarding.

Did you write this book?

Yes, it was my concept, and I did use AI tools to help develop it (as we'll all be doing soon, if not already). The concept of the book came from my experience on an actual lesson with a boy who didn't seem to want to turn. I did get him turning with the story laid out in this book.

What age can a child start skiing?

They can start as soon as 2-3 years old, but at that point it's mainly just associating the ski hill with fun. Around 3 and 5 they are most suited because they're more balanced, coordinated, and focused. Some ski schools begin lessons as early as 4 and 5. Maybe it would be more accurate to state a time that is dependent on interest, readiness, and a willingness to be around snow rather than simply placing a specific age.

Should my child learn skiing or snowboarding first?

It's up to you, of course, but with skiing, they're not "locked in" a set position so their legs can still move separately, helping them make adjustments as needed. I find that if a kid learns skiing first, it's better. Once they have the basics down, snowboarding can be introduced to see if they like it. I ski and snowboard.

Is the printed story and guide 2 books or 1?

The main book has both the story and turning guide together as one. First is the story, then is the guide for the parents. If you want a book with just the story, I have that separate version and it includes a skiing journal at the end. I suggest you buy that version of it, then buy the digital version of the Turning Guide. They are at 2 different websites (sorry).

If your version of the book doesn't have the skiing journal, you can [download the journal here for free](#) and print it.

What if I just want the story in digital format without the guide?

Then purchase the digital format, print it, and leave out the guide when assembling the book.

I'm confused, what are my purchase options again?

Yes, I'm trying to not make it confusing, but maybe I didn't succeed. Here it is:

- **Softcover story and guide: \$15.99 [BUY](#) (Most Popular)**
- Softcover story only: \$12.99 [BUY](#)
- Digital story and guide: \$9.99 [BUY](#)
- Digital guide only: \$6.99 [BUY](#)
- Digital Skiing Journal: [FREE](#)

With the digital story and guide, you will print it yourself or put on your child's tablet or device to read there.

Does the book have its own website?

Yes, over at Shoosh.ski you'll find the book's website.

Want Me to Help Your Child Turn in Person?

The book is a powerful tool on its own. But if you want the fastest path (and you want me to guide the process in a calm, kid-friendly way), I also teach lessons.

In a lesson, I'll help your child:

- feel safe and in control first
- turn without pressure
- build confidence quickly
- learn smart habits that stick

[Book a Lesson With Tony](#)

Original article: <https://www.skiwithtony.com/how-to-teach-a-child-to-turn-on-skis/>