

The Montessori Elementary School & TMES Casita Preschool



What you can do at home to help support what your child is doing at school

“Montessori is an education of independence, preparing not for school, but for life.” Maria Montessori

- Read about Montessori education and philosophy and how to applies to your child.
- Analyze your child’s wardrobe and build a wardrobe aimed at freedom of movement, independence (this would include needing help from an adult to pull pants up and down, etc.) and freedom from distraction.
- Make sure your child gets sufficient sleep. Make both going to bed and getting up a calm and pleasant time. From the National Sleep Foundation: *“Most parents know that growing kids need good sleep, but many don't know just how many hours kids require, and what the impact can be of missing as little as 30 to 60 minutes of sleep time. One of the reasons it's so hard to know when our kids are getting insufficient sleep is that drowsy children don't necessarily slow down the way we do—they wind up. In fact, sleepiness can look like symptoms of attention deficit-hyperactivity disorder (ADHD). Children often act as if they're not tired, resisting bedtime and becoming hyper as the evening goes on. All this can happen because the child is overtired.”* <https://sleepfoundation.org/excessivesleepiness/content/how-much-sleep-do-babies-and-kids-need>

Age	Sleep Recommended	May be appropriate	Not recommended
Preschoolers 3-5 years	10 to 13 hours	8 to 9 hours 14 hours	Less than 8 hours More than 14 hours

- Teach ‘Grace and Courtesy’ in the home. Model it. Use courtesy with your child and help your child to demonstrate it.
- Retrain from physical punishment and learn way of positive discipline.
- Show your child cursive writing, as opposed to upper case manuscript. It is more natural movement of the hand and promotes brain development and connections between the two hemispheres.
- See that your child gets to school on time (by 9:00 am every day).
- Allow sufficient time for your child to dress himself/herself. This might mean getting up earlier, but it is worth the effort.
- Eliminate or strictly limit, TV watching and replace with activity-oriented things that involve the child rather than his/her being a passive observer. When the child does watch TV, watch it with him/her and discuss what is being seen.
- Talk with your child clearly and concisely. Communicate with respect and give the child the gift of language, new words and expressions. Read classic children’s books to them so they can hear words that are not often spoken.
- Refrain from over-structuring your child’s time with formal classes and activities. Always leave time for your child to “just be”, to play, explore, create and be creative. Encourage them to use their imaginations.

- Refrain from replacing everything that gets broken. Help children to learn the value of money, and consequences of actions.
- Allow your Primary-aged child to use his/her whole body and mind for active doing.
- Talk about colors (including shades), textures and shapes you see around you.
- Provide art materials, paper, appropriate aprons and mats to define the workspace. Provide tools for clean-up.
- Refrain from doing for a child what he/she can do for himself/herself. Organize the child's things in appropriate containers and on low shelves
- Provide opportunities for physical activity- running, hopping, skipping, and climbing. Teach them how.
- Teach your child his/her birthday.
- Read the newsletters and other communication that is sent from school.
- Alert the teacher to anything that may be affecting your child- lack of sleep, moving, parent out of town, etc.
- Provide a place to just dig. Allow your child to get totally dirty sometimes without inhibitions.
- Refrain from offering material rewards or even excessive praise. Let the experience of accomplishment be its own reward.
- Learn to wait. Some things people want to give their children or do with them are more appropriate at a later age. Be patient, the optimal time will come. Stay focused on where they are right now.
- Assign your child age-appropriate household tasks that are needed to maintain the household. Some examples include: setting silverware and napkins on the table, sorting, recycling, dusting, watering plants, etc.)



Montessori Practical Life Age Chart



Toddler Tasks

Help prepare snacks
 Help with dishes
 Help set the table
 Help feed the pets
 Pick up toys
 Put books back on the bookshelf
 or in a basket
 Throw trash away
 Help with laundry - putting it
 in the washer and taking it out
 of the dryer
 Hanging clothes to dry
 Fold washcloths
 Sweep small areas
 Pick out clothes to wear

Age 3-6 Tasks

All previous chores plus:

Sweep
 Help vacuum
 Help prepare meals and snacks
 Set and clear table
 Help wash dishes
 Feed pets
 Clean mirrors and windows
 Make their bed
 Sort clothes, hang to dry, help
 fold
 Tend to the garden
 Tidy their room
 Polishing silver
 Wiping the table before and
 after meals