

## **PARENT: "How can I help my child?"**

**Treat your child with respect** - as an important member of your family - listen to him.

**Be flexible in your relationship with your child** - modify the rules and regulations to suit her changing needs.

**Provide your child with definite structures that still leave room for freedom** - impose rules carefully.

**Consider your child's slower sense of time** - plan ahead so that you do not have to rush him.

**Don't do anything for your child that she can do for herself** - give her time and opportunity to practice.

**Provide your child with freedom to choose whenever possible** - learning to make choices is an important part of growing up.

**Give your child as many opportunities for success as possible** - praise his successes, ignore any failures - be prepared and willing to show him again.

**Try to be positive in your dealings with your child** - negative words make your child feel badly about herself; positive, helpful reactions foster feelings of independence and success.

**Use precise language when speaking to your child** - you can greatly assist your child's ability to express himself clearly by using careful speech around him.

**Be aware of the tremendous power you have in shaping your child's life and personality** - think of yourself as a model that your child is going to learn from and copy.

**Provide your child opportunities to be with other children** - such contacts assist her intellectual growth and are essential for her social development.

Choose a good pre-school for your child and if possible one based on the **Montessori Method and Philosophy** - experts agree that the years from birth to six are the most important years for your child in the formation of the adult he or she will become.

**A Child needs -**

Love, warmth and security

To be treated with respect

To be understood

To feel special

Freedom to explore his world

Freedom to learn by herself

Sensible rules and limits that are enforced fairly and consistently

Time to do things for himself

An orderly environment and regular routines

Many opportunities for success

Frequent honest praise and encouragement

PARENTS / VISITORS: The following questions can help you understand and evaluate what you see in your child's Montessori classroom.

### The Environment

1. Is the room attractive?
2. Are the materials in good condition?
3. Are the materials visible and easily accessible to the children?
4. Does the room seem orderly and well cared for?
5. Do the materials seem to be logically arranged?
6. Is there an outdoor play area?

### The Directress (Auntie)

1. Does she seem comfortable and relaxed in the room?
2. Does she speak softly and gently?
3. Does she move slowly and gracefully?
4. Does she seem aware of what is going on in the classroom?
5. Does she respond to the children appropriately?
6. Does she seem to be in control?
7. Does she treat each child with respect?
8. Do the children obey her cheerfully?
9. Does she contribute to keeping order in the classroom?
10. Does she demonstrate materials clearly and seem aware of the child's response?

### The Children

1. Do they seem comfortable in the room?
2. Do they show many periods of involvement with work?
3. Do they follow the ground rules?
4. Do they handle the materials carefully and replace them after use?
5. Do they work well alone and/or together?
6. Do they ask for help when they need it?
7. Do they follow instructions willingly?
8. Do they seem happy in school?

### *Food Additives Alert:*

#### *Preservatives, Colours, Bleaches, Flavours, Emulsifiers, Stabilizers*

Additives are used in food to keep it lasting longer and to make it taste, look and smell like something it is not. They enable food to sit on the supermarket shelf, or in our cupboards, for several days/months without going bad - and then it is eaten. It has been estimated that we consume about 5 kilograms of food additives as preservatives, colours, bleaches, flavours, emulsifiers and stabilizers every year in the food we eat. This not only results in extra work for our body to remove them, but frequently trigger the following alarming symptoms in your child:

**Asthma attacks; rashes; respiratory disturbances and hyperactivity in children up to the age of puberty and beyond!**

With this information in mind please be advised that we will no longer allow children to consume snack foods that contain high percentages of food additives. Any item considered to be inappropriate will be returned unopened. If your child is not on the Meal Programme please be guided accordingly when preparing his/her lunch box and also when providing birthday party treats for your child's classmates. Thank you.