



IMS

## SUPPORT AT HOME



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Never help a child with a task at which he feels he can succeed.

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#### ALLOW EXTRA TIME...AND OBSERVE:

Your child is moving towards independence at school and it can be frustrating when he cannot practice at home! When a 3 year old wants to do things himself it is going to take longer. It might even take a lot longer. If your child wants to get himself ready to go out - shoes, coat, packing a bag - then allow for 45 minutes rather than the 10 minutes it would take you. Observe and help when asked but recognise that this process takes time.

#### ALLOW YOUR CHILD TO REPEAT, REPEAT AND REPEAT AGAIN:

Children gain enormous satisfaction and benefits from repeating activities which may seem odd to an adult. Opening and closing a door twenty times, climbing up and down the stairs, carry the cushion from the window to the table to the window to the table.... etc. Allowing your child to repeat until his internal urge to complete his chosen activity will support inner calm and concentration. This is important work.

## WATER WORLD:



Children work with a lot of water activities in Practical Life. Some children are inexperienced with pouring, carrying, spilling, splashing or sponging water. It can be hard for them to exhibit self-control when water is such fun! Very simply, please give your child some time with some buckets. Watch how they will try to carry the really heavy ones and try to pour and splash and spill and start all over again. Establish some safe time and space where splashes and spills are not a cause for upset. Include plenty of time to tidy up afterwards!

## ORDER YOUR CHILD'S SPACE AND ENJOY TIDY UP TIME:

If everything doesn't have a spot on a shelf then start organising! your child is in a period of order and wants to categorise sort everything. Tidying up is easier and more fun when we know where things GO. Help your child by tidying up WITH her and showing her how to complete the task so that she will be more successful on her own.

## SNACKS AND SPILLS:

Once your child is working with the Practical Life materials they will be eager to practice their newfound skills and independence at home. Set up a low table with a small jug and some cups so that your child can be responsible for quenching his own thirst and can also offer a drink to a friend or guest (or even you). Have a small bucket, sponge and towel on a neat tray or in a low cupboard so that your child can sponge up any spills which will occur - and they will occur! Many children enjoy spilling deliberately just to practice sponging it back up again. Repeat, repeat, repeat!

## WEIGHT TRAINING:

Allow your child to carry his or her bag to and from school. Children are developing their equilibrium and developing muscle mass. They are growing their bones and their brains. They are refining their spatial relations and pushing their physical limits. Allow them to carry heavy bags, to help you with the shopping, to try to balance on that wall and to climb those rocks. Allow them to learn about the body they're in and help them to grow into it.

## MODEL PRACTICAL LIFE:

Children at this age *want to* but can't do everything. They may not be able to help you with all the parts of cooking the dinner but that doesn't mean they can't watch! Show your child the different skills of whisking, chopping, grating, pouring, spooning or tonging and see how excited he gets when he sees something that he can also do at school! Show your child how you overcome obstacles, how you have to try and try again sometimes. Show your children how it doesn't always work the first time but you will practice until you can do it!