



Welcome to the World of Toddlers!

While we are on an extended break, here are some things that you can do for your child to continue to extend what the children are learning in the classroom into the home:

- Have a designated space in your home where your child can keep their outdoor items that they change out of when they first come in. For instance, you can have hooks for hanging up their coats, a space for their hats, gloves, backpacks, etc when they come in, a mat that they can put their outside shoes on with inside shoes close by. You can make

this space for both the front and back door areas.

- Remember to keep all works/toys to a minimum. Encourage your child to finish one work before moving on to the next. Rotate works/toys on a bi-weekly basis. If you currently have a lot of items out now in their room/playroom/house is a good time to put somethings away to bring out at a later date.
- Keep your child on a consistent toileting schedule per your child's needs (for instance, at school we check in with the child every hour or two if they are still wearing diapers. If the child is toilet training, we are encouraging underwear during the day, checking in every 30-60 minutes depending on the child, and offering sleep diapers for nap time).
- Keep your child on a consistent daily schedule. Wake up, meals and naps should all be at the same time and consistent with their normal daily school schedule.
- Continue to give your child the opportunity to be independent and responsible for themselves and their environment. For example, give them 2 choices for outfits to wear in the morning; cleaning up any spills that they make during meal times; helping with daily chores (loading the dishwasher, folding clothing, feeding a pet or watering plants, etc). Your child should always put away their work/toy before they move into a new one.
- Keep screen time to a minimum, encourage your child to explore their environment (indoors and outdoors). Engage in conversation about what your child is experiencing

from time to time, but also give them the space to explore on their own. Reading aloud is always a great thing to do.

Here is an example of a daily schedule based on what they are used to in their school day at Jarrow. For children, this age (and all of us) having a regular schedule is incredibly important.

Wake up: Get dressed, have breakfast, brush teeth, ready for the day.

8:30-10:00- toileting, morning snack, inside/work time

Work time, This is when you can work and your child can too. At school, we call a child's activity work.** (See ideas below for activities that you can include into your child's day)

If you have more than one child they can work and play together. If it becomes difficult they can work and play in separate spaces that are close. Your children understand this from school. Use a small rug, mat or towel to define work/ play space.

10:00-11:15- outside time and a nature walk

11:15-11:30- toileting and circle time (this is a great time to sit down and read a book and sing some songs with your child. Songs could include "ba-ba black sheep", "the itsy-bitsy spider", "the wheels on the bus", etc. Books can be anything that your child is interested in currently).

11:30-12:15- lunchtime!

Make lunch together [Montessori lunch and food](#)

Children like to eat what they make. There are many teachable moments working together modeling language and allowing children to develop their fine motor skills working in the kitchen.

Eating and talking with no distractions a golden 20 minutes. Just as we do at school, create a ritual around the meal, have your child set a place with a mat and napkin and a glass for water and milk.

12:15-2:45- toileting, nap time (or if your child doesn't nap have the child rest for 45 minutes in their room and then they can choose a quiet activity: e.g. reading books, puzzles, painting or drawing)

2:45-3:30- "wake up"/ after nap time, toileting, snack (have your child help with the process, making their bed, making snack)

This is a wonderful and simple video of how to set up a Montessori environment within your home (click the link below):

https://www.google.com/search?q=montessori+toddler+home+environment+setup&rlz=1C5CHFA_enUS647US647&oq=montessori+toddler+home++environment+set&aqs=chrome.1.69i57j33l4.24832j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=_fNBuXrvJMoi-tAbI57KACQ37

Setting up your home environment: Pinterest has some great ideas! We will be sharing more ideas with you in the future too!

Ideas for activities that you and your child can engage in throughout the day include:

• Care of Environment

- Mopping, sweeping, or use of a dustpan and dust brush.
- Helping with the laundry.
- Watering plants and leaf washing.
- Window washing, dusting, and wood polishing of large furniture in the home.
- Taking care of pets.
- Loading and unloading dishwasher, dishwashing by hand.

Art Work

- Coloring, painting, collage, play dough, sidewalk chalk.
- Here is an at-home salt dough recipe: [Easy Salt Dough Recipe](#)

Outdoor Activities It is always fun for children to spend time with their parents in nature. So take some time out of your busy schedule to explore outdoors with your child. I guarantee you'd enjoy the experience as well as your children would. Here are a few ideas for connecting your child with nature:

If you have 15 minutes:

- Watch the clouds and see what animals you can make out of them.
- Hug some trees and try to find one that your arms fit perfectly around.
- Turn over a rock and see what is hiding underneath.

If you have 30 minutes:

- Do a backyard/nature treasure hunt.
- Try your hand at rock stacking.
- Grab some leaves or pieces of bark and race them down a creek.

If you have an hour:

- Go for a walk and make note of all the sounds you hear.
- Find a nature trail and help children make up a game or collect bugs or leaves.
- Pack some food and have a picnic.

Language

- Naming things in both indoor and outdoor environments.
- Read together: let your child choose the books, talk about how the characters might be feeling and wonder together what will happen next. Reading with your child teaches more than literacy and language skills. He is learning that you value his interests and choices and that you love him and enjoy being close to him. Studies show that lifelong readers are those who, as children, simply found reading a pleasurable experience.
 - Singing songs and do fingerplays.
- Narrate what you do as you go through your daily routines. This helps your child connect words with objects and actions. “I’m washing the dishes. I’m squeezing the yellow dish soap into the warm water.” All these activities will help limit screen time.