



Adopting and Normalizing New Routines

Once again, we are reminded how lucky we are to be a part of such a strong and connected community. We are all missing each other so much and know that, especially with little ones at home, this is an extremely challenging time. The reciprocal, supportive relationship between our families and our program continues to bring light to all of us!

As this situation appears to be extending in length, we will all have the opportunity to get creative. Maintaining some amount of normalcy will significantly decrease stress in the home for kids and parents alike.

Especially for young children, the morning hours are particularly good for engaged activity. Save screen time for afternoon, but not too close to bedtime!

Obviously this will look different each day for each family, but this is simply intended as a guide. Sticking to a schedule stops being helpful if it begins to add to your stress, but as often as possible, days that look like this will help maintain some sense of normalcy. For children under 6, 15-45 minute blocks of time are the most appropriate.

Practical Life

Practical Life refers to one of the foundational curricular areas in Montessori education. In our classroom, we have an entire shelf dedicated to these works. These activities often provide our students their first glimpse of success with independence. Attached with this newsletter, you will find a short essay about the developmental reasons and value of these activities as well as a sample of simple transfer activities. We have many of these resources to share and will continue to do so. Feel free to reach out with questions.

Example schedule:

Before 9 Relax! Cuddle, read, eat, converse, discuss the days plans, etc

9 Practical life or art activity

9:30 Free play outside, or indoor gross motor activity, yoga, Simon says, etc

10 Snack, child prepped

10:15 Art or practical life activity

10:45 Story/music time

11:15 Free play outside, or indoor gross

motor activity, yoga, Simon says, etc

11:45 Puzzles, blocks, imaginative indoor play, help prep lunch

12 Lunch

12:30 Quiet, individual time (in their room, books, resting etc)

2 Free play indoors or outdoors

2:30 Practical life or art activity

3 Snack, child prepped

3:15 Free play outside, or indoor gross motor activity, yoga, Simon says, etc

3:45 Story/music/art

4:15 Free play indoors or outdoors

5 Puzzles, blocks, imaginative indoor play, help prep dinner

6 Dinner

6:30 Wind down, quiet, individual time, bath, stories

7 Bedtime

Talking with your child about the pandemic

Now that we are beginning to understand the scale of this situation, it is important to discuss what's going on in the world with your 3+ year olds. Everyone will have different levels of comfortability with what to say, but we do believe it is important to explain it on some level.

It can be as simple and vague as that Mother

Earth is asking humanity to take a long, deep breath with her, or, that this time is a gift to experience a beautiful spring with our families.

If you're comfortable with it, it's great to talk about viruses and how they evolve and learn about human behavior. Our students are all used to discussions about germs and hygiene ([See: How we talk about germs.](#))

In the Kitchen

The link on the front page from last month's newsletter has some suggestions on appropriate responsibilities at home. Even your youngest can use a butter knife for many fruits!

Prep work:

- Wash fruits/veggies
- Chop fruits/veggies
- Grate veggies/cheese

Serving:

- Gathering materials (plate, bowl, utensils, cup, napkin)
- Place setting

Clean-up:

- A bowl with a dampened sponge for cleaning surfaces (table, chair, floor)
- Small broom and dustpan for crumbs
- A basin of soapy water and basin of rinse water to clean dishes/prep materials

This is just a sampling of the multitude of ways your children can be busy and helpful while you're in the kitchen!

LIVE VIRTUAL MEETUP TIMES

We will send out a separate email with reminders and details on how to join in!

Kiddo meet-up:

Tuesday, April 7 | 10:00 a.m.

Kiddo show and tell! Let the kids say hello to each other and have a turn showing their friends a favorite treasure, toy, or part of their home!

Adult meet-up times:

Tuesday, April 7 | 8:00 p.m.

General check-in, touch base

Week of April 13 | Date & time TBD

Q&A with Ms. Julia, at-home support

Rooster Head Plantation

Rooster Head Plantation has been working hard along with other local groups to feed kiddos during this time, no questions asked. The farm store is still open as well, and they are offering curbside pickup. Check them out!

Wednesday - Saturday | 11 - 6

Located at 1200 Old Hendersonville Hwy



Tinkergarten provides early childhood education with outdoor classes and activities. They have an abundance of wonderful, FREE resources on their website with complete lesson plans and activities.

<https://tinkergarten.com/activities>

They also have a blog filled with great information and guidance for families.

<https://tinkergarten.com/blog>

Check them out!!



IMAGINATION LIBRARY BEDTIME STORIES WITH DOLLY PARTON

<https://imaginationlibrary.com/goodnight-with-dolly/>

Spring Payment #4 Due:

Wednesday, April 1

Spring Payment #4 Due:

Wednesday, May 6