

Montessori at Home:

What Guides Really Need to Know

Reference Sheet

The parenting skills which have the most positive influence on children's academic skills, emotional intelligence, and behaviour are:

- High-quality unscripted time together, a little each day
- An assertive parenting style: warm, calm, empathetic while remaining firm and clear.
- A well-rested, relaxed, confident, and calm mental state.

How can you help guide parents to be firm and kind, confident, calm, and compassionate, and full of go-to quality Montessori-at-Home activities for their child's current developmental stage, while still teaching their children everyday?

By not telling HOW to parent, but **providing perspective and possibilities**. Offer suggestions, provide connection to other parents in a similar situation if possible. It's the same way we approach our children.

Show, don't tell-- I find one of the best ways to help a parent gain tools and phrases is to demonstrate. Find other professionals, research, articles, that repeat similar information in a new way. Just like the children, adults need repeated presentations with highlighted points of interest.

Help parents get into their child's shoes. This goes back to providing context and perspective. Remind them of their child's developmental struggles at this age, brain function, sensitive periods, and all the other demands we are placing on them.

Meet parents where they are, on their schedule. The best resources allow parents to digest new information or support little by little, on their own time, and have a knowledgeable, supportive adult ready to answer questions as they come up.

Here's a formula to use for parent conversations:

1. Identify and validate the concern (theirs or yours).
2. Explain the big picture. What happens if this continues, or what else is really going on?
3. See if the parent is open to advice.
4. Present possibilities and suggestions with WHY. Show what to do if you can.
5. Offer resources. and invite a conversation.
6. Check back in! This is the most important step, as we want to offer guidance and support.