

COURSE OVERVIEW: WHAT'S INCLUDED?

This course will gently guide you to create a calm and happy home. Everything starts with *YOU* because *YOU'RE* the most vital part of all of this! We'll talk about understanding human development, why negative behaviour happens and how to develop a new perspective so everyone gets what they need.

Solid Foundations:

1. Prepare the environment
2. Is your home set up for safe exploration
3. A place for everything and everything in its place
4. Create manageable routines
5. Do as I say AND as I do
6. Re-thinking consequences, rewards and punishments
7. Prepare expectations and for any eventuality
8. Are you helping or hindering?
9. Wait! Avoid interrupting when they are focused on an activity (flow)
10. Allow plenty of time
11. Pick your battles
12. Divide and conquer!
13. Make time for 121 play each day
14. The importance of gratitude
15. Self care and asking for help

Positive Activities:

1. Basic plan of activities: passive and active ideas
2. Limit screen time: what to do instead!
3. Response games
4. Positive physical connection: channelling natural energy
5. Vocabulary enrichment activities
6. The 3 Period Lesson: a language learning essential
7. Social role-plays (grace and courtesy)
8. Easy practical life ideas
9. Water-based purposeful practical life ideas
10. Encouraging confidence and independence

Empowering Limits:

1. Believe in yourself
2. Body language and assertiveness skills
3. Say how you feel and what you want to happen next
4. What stories are you telling yourself?
5. Avoiding self-sabotage
6. Acknowledge anger without losing control
7. Would you say this to your best friend?
8. Do your words and actions match?

Solutions for Common Challenges:

1. Setting family rules and tips for independence in self care
2. Brushing teeth, washing hair, cutting nails
3. Mealtimes
4. Eating out
5. Playdates, visiting others, and playground tips
6. Travelling safely
7. Getting to nursery or school on time
8. Homework and homeschooling
9. Shopping trips
10. Biting
11. Bedtime

Compassionate Communication:

1. Be clear and consistent
2. Communication is key
3. Think joy! Self-care for everyone
4. Be friendly with mistakes
5. Five Fantastic Phrases
6. Give specific praise
7. Say yes as much as possible
8. How to stay calm under pressure
9. Redirection – You can!
10. Limits, empathy, choices and amends
11. Offer choices, allow reasonable compromises and stay connected

Behavioural Insights:

1. Triggers, emotions & the 5 As
2. What kind of personality does your child have?
3. Negative behaviour is a call for help, and choices
4. What are tantrums for?
5. Why is this happening? 6 steps to deal with tantrums
6. Don't take it personally
7. Complete the circle!!

Montessori Principles:

1. Have faith in your child's natural development
2. Developing Basic Trust
3. Vital developmental stages
4. Fundamental Montessori principles: 4 Planes & Absorbent Mind
5. Fundamental Montessori principles: Sensitive Periods & Tendencies
6. The importance of practical life skills

*This document is from the online course 'Montessori Positive Parenting'
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