

## PREPARATION:

There's a highlighted section at the end of each page are for your reflections and jotting down notes.

1. Keep a small notepad in your bag, or save a document you can access easily on your phone or computer. You'll need this to jot down your thoughts and answer questions within each section.
2. Remember this is a lot of information that your brain needs time to assimilate. You don't need to do it all at once. Every small change you make will help and it's a gradual process.
3. The same goes for your child. This is new and they will push against it at the beginning to see if you're going to be consistent. This is normal behaviour and just needs you to be firm, kind, clear and consistent.
4. Self-care is essential. Start with one thing each day that helps you relax and find some joy in your life. Then increase slowly so you end up with many times a day to stop and relax, even with everything else that needs to happen. A minute or two here and there makes a huge difference to everyone's general wellbeing.

### Reflections:

- Set aside 5-10 minutes a day to work on this course.
- When is a good time for you to do this? Are you a morning or evening person?
- Schedule a time and write it down now in your planner or diary so you're already halfway there.
- Is it easier for you to use a notepad and pen, or a digital document?

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