

WEEKLY NEWSLETTER FROM THE INDIAN MONTESSORI FOUNDATION

In an initiative to serve the community in trying times, we bring to you a weekly series on topics that are relevant to our current lives within our homes.

INVOLVING YOUR CHILD IN LIFE AT HOME

More than ever, we now see the importance of being independent, taking up responsibilities and making contributions to the family and community. How does this independence help in the current scenario? Some parents share their thoughts with us :

- The need for independence is always there in children from the beginning and this is evident when they try to imitate us in everything we do.
- Start at a young age, provide ample exposure, opportunities and most importantly have faith that they can do it!
- These activities soon become a habit and children start incorporating all the things we show them in their daily routine even without them realising it.
- Give them the choice to choose a task, motivate them to complete it, provide only adequate assistance and don't look for perfection.

Children are capable of performing these activities at home in different stages of collaboration, leading up to doing it by themselves, depending on their age.

Care of Self:

- Personal Hygiene (brushing their teeth, bathing , brushing their hair, using the toilet)
- Dressing and undressing themselves before and after bathing, tying bows / shoe laces
- Eating Independently

Care of Environment and Community:

- Making their own bed
- Organising and tidying up play area
- Setting the table for meals, tidying up after eating by putting the dishes away and cleaning them
- Sorting, washing and storing family's grocery
- Making drinks and helping with preparation of a meal
- Filling water in bottles / jugs
- Helping with laundry- washing the dirty clothes, hanging them to drying, folding them and putting them away
- Watering the plants and taking care of them
- Dusting, sweeping and mopping the house, indoor and outdoor



We would like to thank all the parents who contributed to the newsletter!

The Indian Montessori Foundation is a charitable organization. To support our work and join the community, become a donor ! Becoming a donor will enable access to our publications, articles, talks and more ! For more information, write to us at info@montessori-india.org / visit our website <https://montessori-india.org/>