



MONTESSORI

PARENTING

PRACTICES

DEAR MONTESSORI PARENTS,

We are hoping to partner with you as families to help your students be more successful in school. We are almost 2 months into the school year and we still have students who are struggling to normalize in their classrooms. Our biggest concerns are difficulties with impulse control and concentrating on lessons for an age-appropriate length of time. These are skills we work on at school, but these skills must be reinforced at home in order for students to be successful in class. Please see below for the length of time your child should be able to focus at their age. Our goal is for your child to learn as much as possible this year and to fit in socially with their peers. Lack of impulse control and shortened attention spans cause difficulties for students both socially and academically.

Your children are in a very critical period of brain development, so the skills and habits you instill in them now will carry through the rest of their lives. We want to raise children who will be successful in life, so we must help their brains develop in a way that will lead to that success down the road. I'm giving you a few ways you can partner with us to help your child lengthen their attention span and to work on impulse control. If you are struggling at home or have further questions, please do not hesitate to reach out to me. We can make a plan together.

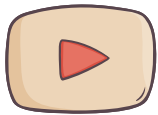
Sincerely,

Ms. Elizabeth

Certified Conscious Parenting Coach • Master's Degree in Montessori Leadership



NO SHORT-FORM VIDEOS



Please do not allow your children to watch YouTube, Tik Tok, or other short-form videos. Research is showing that TikTok and social media platforms like it are stunting children's attention spans. This decreased attention span has been referred to as 'TikTok Brain.' This research suggests that watching short-form videos makes it difficult for children to engage in activities that don't offer instant—and constant—gratification. (source: <https://tinyurl.com/56frvhkx>)

CHOOSE SPECIFIC SCREEN TIME

When you do choose for your child to have screen time, please choose episodes of at least 15 minutes that include characters and a plot that your child can follow. Educational shows during which your child learns new information are also good. These help develop specific parts of their brain that will help them be successful both in school and as an adult in the world.

It is beneficial to ask follow-up questions about the shows after they are over to help your child with comprehension and information recall.

PLAY GAMES, DO PUZZLES, READ BOOKS

Please take the time to sit with your child for an age-appropriate length of time to do puzzles, play games, or read books aloud. These activities teach your children problem solving skills and delayed gratification along with increasing their attention span. Here is a reference of how long your child should be able to stay seated for a task. If your child struggles with this time span, you can work up to it incrementally.

- 1 year: 1 minute
- 2 years: 2-4 minutes
- 3 years: 8 minutes
- 4 years: 10 minutes
- 5 years and up: 15 minutes



ASK QUESTIONS, HAVE CONVERSATIONS



Children tend to be given instructions a lot throughout the day. For example, "please put on your shirt," and "please drink your milk." We must make sure that we are also sprinkling in questions when we talk to them so they develop the problem-solving and creative parts of their brains. Encourage creative play where they invent a plot and characters or have them help you solve a problem like changing a light bulb and talking through the necessary steps.

We also need to encourage children to wait their turn to talk and to not interrupt when others are speaking. This is part of developing delayed gratification and impulse control.

LIMIT VIDEO GAME PLAY



A concerning trend we are seeing with students is their discussion of video games. In their free time, they talk about video games and draw video game characters. There seem to be fewer topics such as sports, books, or playing outside. We even have students saying they want to be gamers and you tubers when they grow up. If you do choose to allow your child to play video games, please limit their time on these games and please do not allow first-person shooter games, as we encourage peaceful and calm childhoods in Montessori communities.