

End of the First Term!

We have come to the end of the first term and the year! The children have settled in very well and they have become so independent sometimes, I feel that I am not needed in the classroom. They are working together as a little Community and this is very true when it comes to our lunch time. They get together in preparing the lunch table, laying the place mats, lunch bags, water bottles and bringing in an additional table or chairs to make sure that everyone can sit together to have the meal.



HOW TO SURVIVE THE HOLIDAYS WITH YOUNG CHILDREN?

Children are so simple and easy to please. They do not expect great things from us when they are still young. If we carry out our simple activities and rituals during these times, our children will learn to respect one another and enjoy the holidays.

If you feel overwhelmed, just take a deep breath and pause for a moment. It is not easy to navigate through family get togethers, shopping and attend to your child's needs all at the same time. However, try to get help if you can, from your extended family members. If you do not have anyone to support you, just do only what is necessary and always try to include your children in your daily routine. It can be shopping, meal preparations, or

PAST AND UPCOMING EVENTS

- **December 23**
Last Day of School before the Holidays
School closes at 1:00 pm
Lunch is provided by School
- **Saturday, January 6, 2024 – Parent Education Morning**
Let's Celebrate Montessori!
- **January 8**
First Day of School after the Holidays

HOW TO SURVIVE THE HOLIDAYS WITH YOUNG CHILDREN? (Continued)



gift wrapping. Your children love to get involved in everything you do. This is how they learn to integrate in to your culture. Give your child a small job that they can do during those times, for an example, when you are shopping for groceries, give your child a little cart to pick some items you need to buy, or get him/her to cut some vegetables when you are preparing a meal. These types of activities give them a sense of belonging and improve their self esteem when you accept them as a contributing member of your family.

If you feel that your child is overwhelmed by any activity, take a little step back and enjoy a quiet time such as reading a book, playing a little game or even singing a holiday song. They love these quiet times when they get to have your undivided attention. However, if you feel that your child becomes demanding, or defiant, be firm but kind and let him know that it is not ok to behave the way he is behaving now. Young children can get tired easily and get upset when they are hungry. Make sure that your child has a good meal or snack before heading out. If it is a nap let

him have a nap in the car or at home before you leave. Plan your timings around your child's routine, that way your child can enjoy the outings and you can run your errands without much difficulty.

Last but not least, do not neglect yourself during these times. It is very important for you to rest when your child is resting or have a good night's sleep, because your health depends on how much of rest you have, this is especially true when you have young children.

“We shall walk together on this path of life, for all things are a part of the universe, and are connected with each other to form one whole unity.”

Dr. Maria Montessori