



September 2024



Happy Fall! - Hmmm

It was a wet August, but we made the best of it! Flowers and friendships bloomed and we enjoyed some great deep belly laughs playing together.

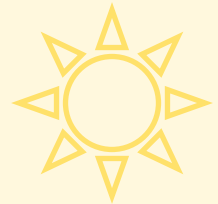
This month we say “happy fall!” and welcome our new “school year.”

As the children get older and our whole group approaches 3 years of age, you will hear about more elements of the Montessori curriculum.

We already include many elements of Montessori practical life, grace and courtesy, sensorial, basic language and math, peace and care of the environment curricula. We have also starting celebrating third birthdays with a “walk around the sun” and on September 12th, we will celebrate Norie’s third birthday.

Learn more about the walk around the sun and a new care of the environment ritual we will be introducing in September in the pages of this month’s newsletter! There’s also a parent support topic follow up page to learn more about topics you brought up as concerns last month.

Happy last warm days summertime sun everyone!

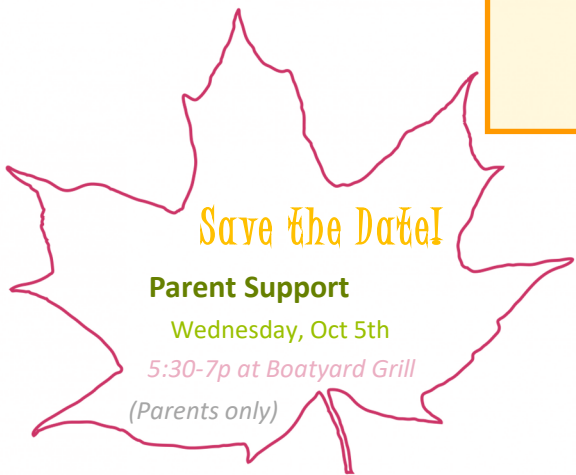


Family Apple Fest at Gaige Farms!

Saturday, September 28

After nap, 3-6?

Look for email from Maria!



Cal

September					
M	T	W	Th	F	S
2	3	4	5	6	
9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	
30					



These articles follow up to our conversations during the parent support evening in July.

Hitting, Hurting and “Lying”

Does your child hit or hurt you? It is hard to hear how many of our families experience true pain at the hands of their child. We have never heard so many parents experiencing this and had to look into it!

The bumper is, it comes down to **limits**. If your child hurts you, it is important that they receive an honest response. Help them to understand the consequences of their actions by collecting yourself first, while considering how you can respond in a way that helps them learn to also manage their feelings in appropriate ways. Think about what the **impulse behind the behavior** might be—and “feed” that.

[Our newsletter*](#) has covered many elements of limit setting. Please look for prior articles related to positive communication (*Discipline*, January 2024), (*Loving Responsiveness*, February—this issue has lots regarding *Aggressive Behavior in Toddlers* and also refers to our November 2023 issue for *The Terrific Twos*), (*Good Things About Setting Limits*, August 2024).

*Ask re: hidden online link to access past and current newsletters.

In addition, the following insightful articles offer information on the topics of hitting, hurting and lying:

- [Why Kids Are so Good at Hurting Their Parents’ Feelings, According to Science](#)
- [Child Psychologist Reveals Why Toddlers Hit Their Parents—and Shares How to Stop Them](#)
- [Toddler Tantrums, Hitting, Kicking, Scratching, Biting](#)
- [Helping Young Children Channel Their Aggression](#)
- [Why Do Toddlers Hit Themselves?](#)
- [When Young Children Lie](#)

and:

How to Handle Friends with Different Parenting Styles

A quick look led me to [this](#) [wikihow.mom](#) (LOL) article of the same name. It actually seems pretty good!



KEY TAKEAWAYS

- Aggression is part of healthy development
- Learn what to expect at different ages and stages
- Parenting strategies for managing aggressive behavior in very young children
 - Limits are part of loving
 - Try to figure out what triggered the behavior
 - Use what you know
 - Be clear
 - Be a careful observer
 - Use redirection
 - Be a coach
 - Use language
- Ask yourself if you are sending mixed messages
 - Be a role model
 - Avoid spanking
 - Be patient; learning takes time

The Earth Goes Around the Sun

One in Four Americans Thinks the Sun Goes Around the Earth. Perhaps it's gotten better, but 12 years ago, the National Science Foundation conducted the study linked above and found that 26% of the 2,200 people surveyed believed the sun goes around the earth. So it's a great thing, to sing this simple celebration song, that makes it clear, it takes a year for *earth to go around the sun*.

As I look into it a little, there are many ways this birthday song is sung...

This is how we celebrate!

1. Birthday person sits on a chair in the center of our circle, holding a model of the earth with a model of the sun below their chair
2. As we sing *The Earth Goes Around the Sun*, the birthday person goes around the sun as many times as they are old and stops where they began
3. We say **1, 2, 3!** clapping for each year, then we sing happy birthday!



The earth goes around the sun,
Tra, la la
The earth goes around the sun,
Tra, la la
The earth goes around,
The earth goes around,
The earth goes around the sun,
Tra, la!



Toilet Learning

Several children are using the toilet at WHE! Just yesterday I had a “new one” sitting! If you are wondering whether your child is ready, consider the following signs of readiness and how we can help build readiness skills for toileting! It's exciting and *easier* (sometimes!) when your child is using the toilet, but *when...?* How do you know if you're *anywhere near*?

Signs of Readiness

- ability to pull pants up/down
- dry 2-3 hours, thru nap or night
- *interested, asking*

How We Can Help Kids Build Readiness Skills?

Provide clothing that your child can put on/off independently:

- **Loose pants, shorts, skirts** that are easy to get up and down but strong enough to hold on!
—elastic waists are great!
Try to avoid what we might call “tights” or “leggings” when your child is learning to put on their pants. If it's warm enough—shorts!
- **Short shirts**—no more onesies
- Put overalls, skirts and dresses aside for awhile as they are just too hard to maneuver when you're learning all that other stuff!



There's so much more! If you'd like to read more, check out this article, [Toilet Learning: Steps to Success](#) from *Zero to Three*.

Peace Education

We were drawn to the Montessori curriculum for our child because of peace education.

Peace education is foundational in our classroom and we begin with relationship building and helping the child to be self-aware and a kind member of our classroom community. Learning to communicate through conflict and developing self-control are important components of maintaining peace everywhere (*truly, the goal is for a peaceful society as a whole*). *Conflict resolution IS peace education* and at WHE we expect children's



participation in resolving personal and social conflicts. Sometimes we may suggest, and many children choose on their own, to go to the peace corner, which for now is the dinosaur chair and table next to it.

Silence is a Gift

I decided to use the title used in the article I will refer you to [for more information](#). The Silence Game is another important game in the Montessori classroom. This game increases self-awareness and is calming. As children learn to make peace, they become peaceful. One crazy concept: *making silence is an active process*.

We choose to make silence.

Every Friday our morning circle is a peace circle. We read the prayer, *I Offer You Peace* and practice making silence while passing a special object. One day it will be a candle!



“Practical Life” ... The Details of Everyday Living

In a classroom of 3-6 year-olds, the 3 year-olds spend a much of their time with the activities in the *Practical Life* area. In part because of their familiarity, but also because the activities reinforce basic skills. With a goal to mirror the home environment, many of the materials look like household tasks. **Skills learned in *Practical Life* are precursors to success in all other areas of the classroom.** Children learn grace and agility, strengthen their hands and refine their grasps. Children learn about mathematical and physical properties of materials through grasping, pouring and squeezing. They subconsciously learn principles of language through the presentation of materials in order of difficulty from left to right and top to bottom of the shelf. They experience the movements of letter formation when we demonstrate stirring in a counter-clockwise direction. In *Practical Life*, children build concentration, coordination, independence, a sense of order and self-esteem.

Activities and materials in the *Practical Life* area incorporate many important universal skills, identified as: **elementary movements** (learning to move safely in the environment and to carry an activity to a work spot; practicing **physical skills** of *pouring, scooping and spooning, twisting, squeezing, stringing and lacing*; **caring for themselves**, dressing and all that involves; also **grace and courtesy, care of the environment, art, woodworking**, and **nutrition and food preparation** (!) This fall, children will begin to help clean their classroom on Fridays.



September Curriculum



Primary Themes

- Classroom community
"back to school"
- City/Country
- Maps
- Counting
- 1:1 Correspondence
- Height, measuring



Activities

- Metal inset curvilinear shapes
- More sewing!
- Pushpinning!
- Directions—NWES
- I Spy and Initial sounds
- Opposites
- Counting and number games

Books

- Mirette on the High Wire
- My Place in Space
- Me on the Map
- Not Just the Driver
- National Geographic:
City and Country
- Up to My Knees!
- (always more)

Songs

- This is My School
- Little Blue Ball
- This Pretty Planet
- The Ants Go Marching
- Un elefante/One Elephant
- Here are My Hands
- Hokey Pokey
- This Little Light of Mine