



purposeful play

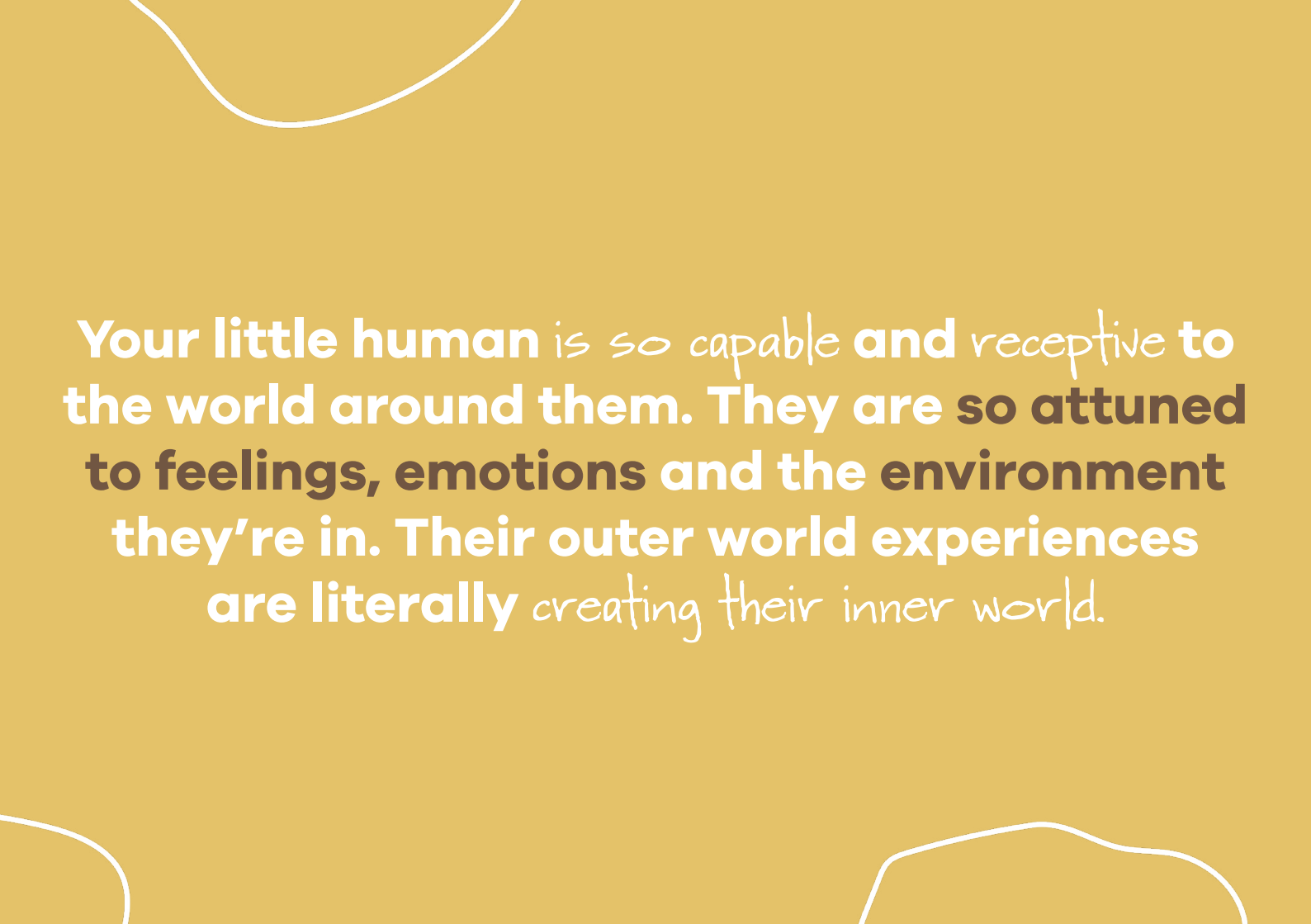
monti  
& me

**Knowledge is power and it changes everything as a parent. By** *discovering exactly what your baby needs* **at every stage and specific things you can do to help, you can go from feeling** *overwhelmed to confident in a heartbeat.*

– Monti&Me

**Brain development is activity dependent so everything a child touches, tastes, sees, hears and smells impacts the brain circuitry. The environment directly influences the structure of the brain. Providing educational play from birth helps fulfil their potential.**

– The Center of Developing Child,  
Harvard University



**Your little human** *is so capable and receptive to*  
**the world around them. They are so attuned**  
**to feelings, emotions and the environment**  
**they're in. Their outer world experiences**  
**are literally** *creating their inner world.*

**From birth until around age 3, children are unconsciously absorbing everything in their environment. They** *gather everything from their environment* **just simply by being in it. They can teach themselves how to move by watching, they can teach themselves how to talk by listening. Everything your baby** *sees and experiences is becoming part of him.* **Human Beings are incredibly amazing!**

**By choosing a conscious heart-led  
approach to play, you truly are** *creating*  
*revolutionary* **change in the world.**  
**Put simply, collectively we are  
building a better world**

– Monti&Me



**While young children** need to be  
exposed to different textures, **sights and  
sounds, the most essential ingredient  
for brain development is a secure  
attachment to** loving caregivers **and  
interactions with them.**

**The Montessori Method strengthens certain brain functions that help** *expand cognitive development.* **I've nicknamed it "the original system of learning based on the brain."**

**– Steve Hughes, neuropsychologist,  
pediatrician, and Montessori father**



**The Montessori method is one that is  
gaining a great deal of scientific support  
and must keep** being studied in an exhaustive way,  
**as it guarantees the creation of a universe  
based on affection and respect for the** individual  
rhythms **of each child and environment.**



**We facilitate** experiential learning **by choosing what to put in the environment, observing our** child's development **and** introducing things **that meet their developmental needs.**





## HOT TIP:

Bring order to your **child's environment**  
**and pair down,** so they *play more!*

– Monti&Me




## HOT TIP:

**Resist the urge to TEACH and instead create an environment where they can DISCOVER for themselves.**

– Monti&Me

## HOT TIP:

**Allow your babe to explore at their own pace. Once** they're engaged, **resist the urge to talk to them as** this interrupts their concentration.



**The role of a teacher is to create the  
conditions for invention rather than**  
provide ready-made knowledge.

– Seymour Papert, South African  
mathematician and computer scientist



## HOT TIP:

**Observe what skills your babe is** developing at every stage **and meet those needs, with a little bit of challenge to stretch the skills.**

**By praising the effort/process instead of the person/ outcome, your baby** learns their intelligence, **capabilities and talents can grow the more they learn and the more they try. Instead of** "you're so clever!" **try** "I saw how hard you worked on that"

– Monti&Me



## **HOT TIP:**

**Get into the habit of interacting with your baby NOW in a way that** cultivates a growth mindset. **That way, it will be second nature by the time they're 18 months old.**

**Which is when the research says,**  
the way you praise starts to make a difference.

**– Monti&Me**

## **Little human, big feelings.**

It's never too early to teach your baby that it's okay to express emotions.

You can help validate their communication – often crying – in a way that builds vocabulary for emotions and strengthens your bond.

Try saying, “It seems like you’re feeling overwhelmed/ powerless/frustrated”



**Children are human beings to whom  
respect is due, superior to us by reason  
of their innocence and of the greater  
possibilities of their future. Let us treat  
them with all the kindness which we  
would wish to help to develop in them.**

– Dr. Maria Montessori

**It's easy to fall into the trap of** interrupting  
your little one. **But that is not the way**  
**nature intended.** Observe your babe and  
**you'll** notice just how enthralled **they are with**  
**the world around them.**

**Education is acquired not  
by listening to words but by  
*experiences* in the environment.**

**- Dr. Maria Montessori**

## FUN FACT:

It can be easy **to create an environment that fosters independence, confidence and learning for your babe. Children love to do things on their own when given the opportunity.**

## Help build executive functioning and decision making skills

Decision making is a skill that needs to be practiced. You can help your baby build executive functioning and become comfortable making decisions.

How? By giving her two choices.

Only offer two choices that are realistic and choices you are willing to give.

**Fun fact:** Any more than two choices will overwhelm a child

“Would you like to wear this or this?”



## **HOT TIP:**

**Minimise power struggles and model respect by using phrases like "in our home, we...." and "bottom on seat" to remind children of the desired behaviours, which is more effective than scolding or issuing demands.**



## HOT TIP:

When you **come to the end of a book,**  
choose a phrase like "We finished" or  
"The End" and **repeat it every time.**

It becomes a signal that storytime is done.  
If they're interested, **you can read again.**

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