

Support during Covid-19

During these uncertain times we are mindful that both adults and children may be more anxious as routines are disrupted.

Do try to take a moment to pause and enjoy having some time to “just be” with your children.

A number of different websites are listed below for you to give you some ideas of things you might like to do if we are all at home for an extended period of time 😊

Take care and stay in touch with others by social media, phone, different apps etc BUT also just enjoy exploring new roles in your family.

The AMI training centre in Australia (Sydney Montessori Training Centre) who also run training out of the room in the upstairs building at Kalker Montessori Centre have a facebook page where these links have been taken from. You may want to “like” or “follow” it for more information and ideas.

With everything going on in the world, it's no wonder that many kids and teens are struggling with worry and anxiety — plenty of adults are, too! But while anxiety may be a normal response to many day-to-day stressors, it's important for all of us, including kids, to learn how to manage our worries so that we can feel in control, think clearly, and make healthy choices that suit what we really need, both now and in the future.

https://www.amightygirl.com/blog?p=22612&fbclid=IwAR1yHivJdYg2470NdAe0mYN oJHdB8Py9rwXzgW_BIKKqYGP94dGkJM_RU4U

Click on the link for activities that can help keep kids occupied without relying solely on screen time! Many of the ideas are self-directed projects that will help keep kids' learning skills sharp; others will give them a chance to explore new interests or learn new skills with the extra time they have off school. Because many parents will be working from home, we've also included possibilities that kids can do by themselves so they can "work" while you work side by side.

https://www.amightygirl.com/blog?p=29196&fbclid=IwAR26mT-U91sKnoZ_MmYn-FzKqK2tDcfvz5X-2mttvqArFi79fi4Q26yTlyM

Rain (Covid-19) got you cooped up inside again? Looking for activities for the kids? Here are **50 fun, easy and cheap rainy day activities for kids**, to keep them (and you!) from climbing the walls!

https://www.mykidstime.com/things-to-do/50-fun-rainy-day-activities-for-kids/?fbclid=IwAR1GE5hBV6xx0Mq_b-4tj8el5ggJhY4gyWP6kbysv4S3SWPviiQ7KYaCdy8

take out card games, board games, puzzles....

Sing and music with your children ☺

"The team found that informal music-making in the home from around the ages of two and three can lead to better literacy, numeracy, social skills, and attention and emotion regulation by the age of five."

<https://www.abc.net.au/classic/read-and-watch/classic-kids/music-trumps-reading-for-childhood-development/11570712?sf220915769=1&fbclid=IwAR2gcHAqURmoU7C8HDrwXE78YRxp5ckLJul81uszTR7-flEwGI0iljrjszA>

Watch "playschool" and learn some new songs (or sing some old favourites).

Here is another website with other music for young children

<https://soundcloud.com/macmusic-3/sets/songs-with-ms-robin-vol-1?fbclid=IwAR3UNN7ACFWSFTbyf007mEFkaiVL8i3pSOS50UTxRYYX1d9360vYUP1Ci64>

Remember it's not about you always "entertaining" your children, involve them in every day things around home and re-establishing "normality". It is amazing what young children take joy in doing. Here is a list of age appropriate chores for children.

https://www.themontessorinotebook.com/age-appropriate-chores-for-children/?fbclid=IwAR2_8HMHb-WG-YpFB_uyk-vK3bi8mPWzSQFiUaOtR7Vadl5_uAEZQlhTQeA

Do some simple science experiments

<https://www.abc.net.au/classic/read-and-watch/classic-kids/music-trumps-reading-for-childhood-development/11570712?sf220915769=1&fbclid=IwAR2gcHAqURmoU7C8HDrwXE78YRxp5ckLJul81uszTR7-flEwGI0iljrjszA>

<https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff>

<https://www.noquiltmom.com/very-simple-science-experiments/>

don't forget to read ☺ Read aloud to your children, encourage them to just "tell" you the story even if they can't read the words, make up alternate endings

<https://www.timeout.com/london/kids/the-100-best-childrens-books>

<https://www.theguardian.com/books/2019/mar/09/why-reading-aloud-is-a-vital-bridge-to-literacy>

If there is a silver lining to COVID-19 closings, it's that our favourite children's book authors are now doing virtual story times!

<https://coolprogeny.com/2020/03/operation-storytime/?fbclid=IwAR1w-Mp3-YqyOaVjD-PyXl5brlPvT4aOjUYJHfvDvVozU4QJyQHf177PoDA>

More particularly for the adults

With the unfolding events happening around the world it is likely the screening of this documentary has already been or will be cancelled. The link below provides details of how you can watch this at home which you may wish to explore as an option if you can't get to the movie, it has been cancelled, or to have as a lovely something to look forward to should we all end up at home for a period of time 😊 Wishing you all some calm and quiet moments in the midst of everything else happening. Take some time to pause, to appreciate all we have and readjust to changes. Stay safe, keep washing your hands and take care. [click on "store": Once you've purchased the film through the online shop you'll receive an email with information on how to create an account and will be given a password. Once you've completed this process you will have 48 hours to watch the film online (streaming).]

https://www.montessorimovie.com/?fbclid=IwAR3FOcxvFeAw8vBv9jw-2E_2Z-TWSS3_499bH7Q35TcH92fh1166SdC1N2A

Corona virus response resources for Montessori parents

<https://www.trilliummontessori.org/coronavirus-response-resources-for-montessori-parents/>

General Resources for Montessori Parenting

- [Get Kids to Listen without Nagging or Yelling](#): Free positive parenting webinar by Amy McCready (affiliate link)
- [The Art of Parenting Podcast](#) by Jeanne Marie Paynel (trained Montessori guide)
- [The Montessori Notebook Podcast](#) by Simone Davies (trained Montessori guide)
- [10 Ways to Encourage Your Child to Do Chores](#) by Gabrielle Nussbaumer
- [Did I Just Become a Homeschooler? What to do now that school is closed](#) by Jennifer Kilgore

Successful parenting isn't about getting our kids to college — it's about what happens when they come back home.

<https://www.janetlansbury.com/.../raising-kids-who-enjoy-co.../...>

"... making connections between things, between subjects and it's very exciting!"

In Philippa Perry's work as a psychotherapist, she finds deep connections with Montessori's philosophy, which is about believing the person has the power to develop within them. Philippa is joined by the executive director of Association Montessori International Lynne Lawrence.

<https://www.bbc.co.uk/sounds/play/m000824j...>

Are you done with feeling like there is nothing you can do when all we hear are negative stories in the news, politics and media? Here are 8 ways you can use Montessori not just with your children and change the world.

https://www.themontessorinotebook.com/ways-you-can-use-montessori-not-just-with-yourchildren/?fbclid=IwAR2QVFM7oPr55PUYAp6cLCc7aM_UWyM8e0KcpZUtWnneiPIM8bdxIPUHsmA

Sometimes all we need to do is have a different perspective and change our approach and attitude. Some suggestions for moving from problem focussed to solution focused.

<https://www.facebook.com/themontessorischoolrochester/photos/a.550635895002562/2791392634260199/?type=3&theater>

The SMTC FB link is:

<https://www.facebook.com/sydneymontessoritrainingcentre/>

Also look at the Montessori Sports FB page as they are putting up videos of different movement activities to do with children

<https://www.facebook.com/montessorisports/>

Stay safe, keep washing your hands and take care.
Amy