

Montessori Moments



April 2021

Montessori & Healthy Eating Habits

A variety of nutritious foods provide a child with the nutrition needed for healthy development and growth. A balanced diet and plenty of activity help a child to maintain a healthy weight. Proper nutrition gives a child energy for learning and playing. Children go through many stages as they grow, and their eating habits are often affected by these stages. It is not unusual for preschoolers to go through a short period of time when eating does not interest them. Skipping a meal will not hurt a healthy child.

If a child is active and growing steadily, a small appetite is nothing to worry about. However, sometimes a loss of appetite can be a warning. A child that seldom eats and does not seem to be growing normally could be ill, tense, or worried and should be closely monitored.

In Montessori classrooms, children learn how to be courteous, polite, and respectful according to their local culture. At home, parents can teach social skills by demonstrating courteous behavior and guiding them through grace and courtesy practices.

How Parents Can Help:

- You can help your child feel more independent by giving him/her food choices. They can be simple, inexpensive, and easy to prepare. Cut up raw vegetables and fruits, cooked vegetables, cheese cubes, cooked and cooled pasta are easy and delicious choices for preschoolers.
- Children learn eating habits by watching others and are more likely to try a new food if mom and dad are enjoying it. Add fresh foods to your child's plate regularly to increase variety. If a new food is rejected, try it again later as your child's tastes and preferences may change as they develop.

"The teacher of children up to six years of age knows that she has helped mankind in an essential part of its formation.... She will be able to say: 'I have served the spirits of those children, and they have fulfilled their development, and I kept them company in their experiences.' "

Dr. Maria Montessori
[*The Absorbent Mind*](#), p. 259



Parent Education

Ages and Stages Questionnaires®

The **Ages & Stages Questionnaires®**, **Third Edition (ASQ®-3)** is a developmental screening tool that pinpoints developmental progress in children between the ages of one month to 5 ½ years. Its success lies in its parent-centric approach and inherent ease-of-use—a combination that has made it the most widely used developmental screener across the globe.

Evidence shows that the earlier development is assessed—the greater the chance a child has to reach their potential.

If you would like a copy to work with your child at home, please let us know, and we would be happy to provide the tools you need to work with your child at home.

Please see Carrie in the front office or send a request to calh200@gmail.com

THIS MONTH'S MONTHLY DISCUSSIONS:

Signs of Spring

Weather Changes

Montessori Parenting

Supporting Healthy Eating Habits

More Quick Tips to Consider:

- Children like eating foods that they have helped prepare. Give a child a simple job like washing an apple, peeling the shell off a hard-boiled egg, or tearing lettuce for a salad.
- Turn the television or any media devices off during mealtimes! Children may forget to finish eating if distracted.
- Keep meal conversation pleasant. Choose a topic other than food if your preschooler is reluctant to eat; you may find that your child may forget not to eat and may start nibbling.
- Ensure your child gets plenty of physical activity, preferably outside, to help increase a healthy appetite.
- Offer snacks that are low in sugar and high in protein and carbohydrates between meals. Limit sugary snacks that may affect a child's ability to concentrate and snacks containing unhealthy trans fats.

Additional Resources:

USDA Nutrition and Wellness Tips for Young

Children: <https://www.fns.usda.gov/tn/nutrition-wellness-tips-young-children>

USDA Choose My Plate: <https://www.choosemyplate.gov/>



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Exciting News to Share!

Our Montessori team is expanding as we welcome Ms Brittani in Primary Montessori A and MS Griselda in Toddler Montessori. We are excited to welcome Ms Roberta back from maternity leave.

Please join us in wishing Ms Marsha well as she shifts her work schedule around to pursue an exciting new opportunity. We will miss her during the day but will see her in the evenings a few days each week.

Montessori VPK Graduates are getting ready to celebrate this year's success. Stay tuned for more event information as we get closer to ending our current VPK session.

For future VPK student who are eligible if they are four as of September 1, 2021. Please make sure to obtain your VPK voucher from the Early Learning Coalition for students joining VPK in August 2021.

Montessori Monthly Discussions

Signs of Spring

Weather Changes



Color Exploration: *Pastels*

	Practical Life	Sensorial
Toddler Montessori	Matching Colored Eggs	Exploring Texture with Bare Feet
Primary A & B	Transferring eggs with tongs	Smelling Spring Flower Scents
	Whole Hand Transfer with Spring Flowers	Finding Geometric Shapes in Nature
	Spring Cleaning in the Garden	Nature Sounds- Bird Songs We Hear

Toddler Montessori Discussions & Lessons to Invite Learning

This monthly discussion topic invites our young learners to learn about the changes associated with spring and the weather. Children will be introduced to new vocabulary and encouraged to use new spoken words. Our class will be exploring outside and in the garden area.

Primary Montessori Discussions & Lessons to Invite Learning

This monthly discussion topic explores conversations and experiences about the signs that we can detect as spring approaches. Children will observe and record weather changes, including discussing the kinds of weather we experience in Florida.

The “**Signs of Spring**” unit introduces children to the wonderful changes spring brings to our part of the world. Our classroom garden area will be a focus of our outside lesson work and many science-based discoveries. We will also be charting the weather changes and explore the many different weather events that can occur in Florida.

Our discussions, “**Signs of Spring**” encourages the following hands-on learning experiences:

Vocabulary Building

- **Nouns:** soil, buds, seedling, seed, root, sprout, rain, wind, tornado
- **Verbs:** gust, lush, alive, blooming, breezy, rainy, sprouting
- **Adjectives:** bright, brilliant, bold

Science Studies

- Languages Spoken Around the World
- Bird Study to include parts of a bird, bird beak design, life cycle of birds
- Layers of the Soil
- Discovery Flight- birds, helicopter, kites



Building Social Skills- *Respect*

As children understand respect, they will learn to treat others as they would like to be treated, and they will learn that good manners are a way to show respect.

Building Brain Power- *Patterns and the Brain*

It is believed that the ability to see patterns and make relationships of the patterns is the essence of intelligence. Helping children see patterns in language, behaviors, music, body movements, nature, and space may be among the most essential aspects of what we teach.