

HAPPY FACE MORNINGS!

By Pat Lacoste

Founder of Kinder Montessori Schools

Establish consistent routines and schedules . ESPECIALLY ON WEEKENDS . We know this is hard. The state requires all children have a rest time at school. Children listen to soft music, quietly hug their “lovies” soft comfort items, and those who do not fall asleep after 45 minutes have quiet work time while their friends nap.

Enough Sleep, Children need 8 hours at least, plus rest midday

Breakfast with protein

Dressing Stations (have all clothes and supplies ready the night before to avoid morning stress)

Calm and positive parents. (Give positive messages like, “I know you will have fun today with....”)

Children have a built-in radar! They pick up on our stress and hear everything we say on the phone or to others. Little ears are listening!