



A MONTESSORI SURVIVAL GUIDE TO THE HOLIDAYS

Maureen Clifford
November 29, 2016

Did you know???

Between November 1 and January 15, there are over 60 holidays and festivals, both secular and religious, celebrated throughout the world most of which are also observed by American families**

No wonder children can get a bit wacky this time of year!

**According to Wikipedia

Common Behaviors Children Exhibit during Times of Anticipation

- Fatigue
- Irritability
- Overstimulation
- Anxiety
- Excitement
- Disappointment
- Competition

What Adults Can Do to Minimize the Holiday Frenzy

- Stick to your routines! If you do nothing else, do this one!
- Acknowledge and expect that this time of year is difficult on children, even if they appear to be enjoying every minute of it.
- Keep discipline intrinsic and self motivated. Don't tie discipline to outside authorities, factual or fictional
- Don't over do it and keep it simple
- Be moderate with anticipation
- Prepare children, but don't overwhelm
- Keep your own stress at bay
- Remember the reason for the season
- Be sure to explain your families particular beliefs and how to talk about your beliefs

How to Add a Little Montessori to Your Holidays

- Cooking and/or baking together.
- Community service. Commit to a project as a family. Some options are food drives, angel gifts, gift donations, etc.
- Involve children in the gift giving process. Include them in selecting and sending gifts and card. Older children can learn how to wrap
- Use different holidays as a springboard for exploration of other cultures
- Give children special holiday responsibilities, turning Christmas lights on and off, lighting the menorah, etc.
- Start a new tradition. Discuss other traditions and why they are important to your family