Guidelines to perpetuate perseverance

and sometimes recover it…

- In class
  - No interruptions when constructive concentration.
  - Each day, at least 1 uninterrupted Montessori free working period of at least 2 hours and a half.
  - When with a child, you're only with him, with all your heart. You are committed to your shared moment.
  - Keep the self-correcting aspect of all material.
  - Don't correct unintentional errors.
  - Make each child feel unique and special for you. For example, take time to greet each of them when they arrive.
  - Build a strong relationship:
    - 3 years cycle
    - Employees stability
    - Classes stability
  - Work on the kindness of your group.
    - Grace and courtesy
    - Be a model of kindness, respect
  - Storytelling
  - Take exceptional occasions to marvel with them with unexpected beauty (ex: watch an extraordinary windstorm at the window)
  - Do the silence game regularly.
  - Have walking on the line a living activity.
- At home
  - Each day, spend some moments exclusively with him, physically and mentally. You are committed to each shared moment. Put your electronics away!
  - Respect concentration when you see it.
  - Give very healthy habits (nutrition, sleep, no screens).
- Everywhere
  - Don't help if he doesn't ask.
  - Be patient.
  - Be confident.
  - Show him your confidence in him.
  - Be a model of slowness, by that we mean no rush.
  - Real walks with the child rhythm and interests.
  - It's OK to make mistake. Live that value, allow it for the child and tell him.
  - Build a strong relationship:
    - Be an empathic, warm, loving, caring and encouraging person.
    - Teach him to communicate his feelings (start by giving him the exact words when living an emotion). « You feel … right now. »
      - Happy, enthusiastic, confident, trusted, proud, calm, thankful, festive, ecstatic, satisfied, liberated…
      - Angry, afraid, sad, disgusted, surprised, stressed, oppressed, ashamed, sorry, indignant, jealous, guilty…
      - http://www.psychpage.com/learning/library/assess/feelings.html

- Coach parents regularly
    - Parents meetings / conferences
      Subjects ideas:
        - Healthy habits linked to happy school and life experience (nutrition, sleep and access to technologies)
        - How to teach him to recognize his emotions
        - Take the time, he has no rush to get there, he's learning from the path!
        - Special moments to offer to your child
    - Admission conferences
    - Pre-natal conference
    - Inform with articles, videos, school bulletins