



Parent Handbook

Welcome to the family!

We're delighted to have you and your child join our nurturing learning community. This handbook is designed to help you understand what to expect and how to support your child's journey in a Montessori environment.

1. Starting Preschool: The First Few Days

Settling-In Period

The first few days of preschool can be an emotional time for both children and parents. Every child is unique — some settle in quickly, while others may need more time.

What to Expect:

- Your child may experience **separation anxiety**, tears, or hesitation. This is normal and temporary.
- Teachers will gently help your child feel safe, welcomed, and comfortable.
- Familiar routines and calm, consistent guidance help children settle faster.

Tips for Parents:

- Keep **goodbyes short and reassuring**. Avoid lingering or sneaking away.
- Trust the teachers — they are trained to ease this transition with sensitivity.

- Stay positive. Your confidence in the school helps build your child's confidence.

2. Food and Snacks

What You Can Pack:

If your child is bringing food from home, please ensure:

- Healthy, **nutritious**, and easy-to-eat options.
- No chocolates, sugary treats, chips, or processed food.
- Include items like fruits, steamed vegetables, sandwiches, chapatis with filling, idlis, boiled eggs, etc.

If Meals Are Provided by Us:

- Our in-house meals are **well-planned, wholesome, and child-friendly**, with an emphasis on balanced nutrition.
- We follow high standards of hygiene and aim to create a calm, pleasant meal experience that encourages independence and healthy eating habits.

3. Arrival and Dispersal: Punctuality Matters

Timely arrival and pick-up are **crucial** aspects of your child's development:

- **Morning Arrival:** Arriving on time helps your child start the day calmly and confidently. Late arrivals disrupt the class and can make your child feel anxious or left out.
- **Pick-Up:** Timely dispersal ensures a sense of security and routine. Children look forward to seeing their parent or guardian and delays can cause distress.

Why It's Important:

Montessori education emphasizes **independence, responsibility, and order**. Consistent routines teach children that time is valuable, a lesson that lays the foundation for **self-discipline and responsibility** as they grow.

4. Celebrating Birthdays the Montessori Way

Birthdays are special milestones, but we encourage families to keep them **simple and meaningful** at school.

Our Guidelines:

- You are welcome to send a small, healthy treat (like fruit cups or muffins).
- No party favours, balloons, cakes, or return gifts, please.
- We may have a **“Birthday Walk”**, a Montessori tradition where the child celebrates their journey around the sun — a beautiful and educational ritual.
- Keep the focus on **the child’s growth, not material gifts**.

5. Supporting Your Child at Home

A strong home-school connection helps reinforce Montessori principles.

Simple Tasks to Encourage at Home:

Montessori encourages children to be active participants in daily life. Involve your child in:

- Setting the table
- Watering plants
- Folding small clothes (like napkins or socks)

- Helping with grocery sorting
- Tidying up toys or books
- Washing vegetables
- Packing their school bag

These tasks:

- Promote **independence and responsibility**
- Develop **fine motor skills and concentration**
- Boost your child's **confidence and sense of purpose**

Other Helpful Ideas:

- Provide a calm and screen-free environment whenever possible.
- Read together daily — even 10 minutes a day makes a difference.
- Allow time for **free, unstructured play**.
- Respect your child's pace and interests.

6. Communication and Queries

We believe in **open and transparent communication**.

- Teachers are available for quick check-ins during pick-up/drop-off.
- For longer discussions, please schedule a meeting.
- Monthly updates and observations will be shared to keep you involved in your child's progress.

Thank you for entrusting us with your child.

In the Montessori environment, children are given the freedom to explore within limits, to discover who they are, and to grow into **capable, kind, and confident individuals**.

We look forward to working together with you to make your child's early years joyful, peaceful, and enriching.