

A Montessori year-end review about you, your child & your family

To get into the new year, I always find it helpful to reflect on the past year to take stock of where we are at and how we can support our child's development going forward. So I've put together some questions for you to ponder what you learned in 2023 and to consider what you would like to take into 2024. I hope they help you to make some new insights and perhaps help you to think about the year ahead too.

Note: None of the following reflections are "bad" or "good" - it is just where we are at or where our child is at or where another person is at right now. Give grace to yourself, your child and others.

#1 Your child's social development

- What have you observed this year in their relationships?
- What is going well?
- Which area do they still need to develop skills? Eg, conflict resolution skills, waiting their turn
- How can you support this? Eg, grace & courtesy lessons, modelling, responding kindly, clearly and predictably

#2 Your child's language development

- What have you observed this year in their language and communication?
- What is going well?
- Which area do they still need to develop skills? Eg, building vocabulary, comprehension, making sounds
- How can you support this? Eg, playing question games, writing notes for them to read, offering new vocabulary, books, poetry etc

#3 Your child's cognitive development

- What have you observed them learning/ understanding/making sense of this year? What are/ were their interests?
- Observe concentration - eg, where they concentrate best, what breaks their concentration
- What is going well?
- Which area do they still need to develop skills?
- How can you support this?

#4 Your child's emotional development

- What have you observed this year? How do they manage in difficult situations? What makes them laugh/cry/get frustrated/angry/etc?
- What is going well?
- Which area do they still need to develop skills? Eg, regulating their nervous system
- How can you support this? Eg, modelling, co-regulating, lending our nervous system to them

#5 Your child's motor development

- What have you observed this year? Eg, fine motor, crossing the mid-line, gross motor
- What is going well?
- Which area do they still need to develop skills? Eg, developing hand strength, pincer grip, swinging on bars, riding a bike
- How can you support this? Eg, making time for movement, providing rich opportunities, keeping screens out of sight

#6 Your home

- How does the home environment support their development? Eg, having things accessible, child-sized for success, being creative using what we have
- What can be improved? Eg, decluttering, more storage, sell or donate unwanted items, making things attractive and inviting, meeting their interests and needs
- Are there any obstacles to be removed?

#7 Yourself

- What has worked well?
- What could be improved?
- How can you treat yourself kindly as you do with your child?
- How do you regulate your nervous system when you get dysregulated?
- What is bringing you joy?
- How can you take care of yourself so you can help your child and others?

#8 Others

- Who are your primary partners raising your child? Eg, school, partner, grandparents, friends, scout leaders, sports coaches, daycare
- What is going well?
- What could be improved?
- What is the best method of communication with each partner?
- Do they feel appreciated? Do they experience joy?
- How can you support them?