

CHALLENGE FOR THIS WEEK'S CLASS:
Some friendly reminders for adults

SOME REQUESTS FROM YOUR CHILD

1. Please speak quietly with others to respect my concentration
2. Please turn off your phones to be present in class with me
3. Please guide or model for me to bring my activity to a work mat and to bring it back when done (never force them)
4. Please ask my permission before picking me up
5. Please use gentle hands with me when helping me to get dressed, or even better help me just as little as possible and as much as necessary
6. Please wait until I've finished my activity before you ask to change my diaper or visit the toilet
7. Please come over to me, wait til I'm ready, get my eye contact, make a request, count to 10 in your head to give me time to process your request
8. Please let me sit, walk and climb at my own level - wait until my body is able to do it by myself rather than helping me too soon by holding my hands, propping me to sit, or letting me climb higher on the Pikler triangle or climbing wall than I can manage by myself
9. Please let me set and clear the table myself and give me a little help if I need it
10. Please relax, observe, learn, and leave happier than you came