



KIN

UNDER 3 PROGRAM

Welcome Pack

MONTESSORI EAST



KIN

means



Montessori East acknowledges the Traditional Custodians of this land on which our children play and learn. We pay our respects to the Gadigal people of the Eora Nation, and all Elders past, present and emerging.

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KIN PROGRAMS

*The greatest
development is
achieved during the
first years of life,
and therefore it is
then that the
greatest care
should be taken.*

Dr Maria Montessori



There are two under 3 programs offered by Kin at Montessori East that give parents and carers of children aged 0 – 6 years of age simple and practical strategies to understand their children's behaviour, prevent problems developing, and build strong and healthy relationships.

There are three **Kin Face2Face Programs**

- Parenting Movers Program (6-12m)
- Parenting Walkers Program (12-18m)
- Parenting Toddlers Program (18-36m)

The **Kin@Home Program** allows you to access all the great things of our Face2Face program from the comfort of your home. Ideal for those outside of the Eastern Suburbs of Sydney, or unable to get into our limited Face2Face program.

- Masterclasses (valued at \$30 each)
- On Demand Video Library (valued at \$100 for three months access)
- One2One Sessions (valued at \$80 for 30 mins)

Parenting Movers Program

Ideal for families with children 6 - 12 months of age who are on the move, rolling, crawling or just starting to pull up to standing.

Crawling is a big milestone for a baby. It is now that they start to gain an understanding that they can influence the things around them. Moving away from their main caregiver is very powerful. This is the age where children learn to trust themselves and gain confidence in their own abilities.

Within a space that is carefully set up with developmentally appropriate toys for your child to explore, come and learn how to interact and play with your child during this important milestone.

What's included

7 x 1 hour weekly GROUP SESSIONS*

These small group sessions will help you build a supportive network of like minded families. Each week you will have the chance to chat about your week and go through a parenting module together with a Montessori guide all while your child explores a carefully set up playspace.

*No make up sessions available.

1 x 30 min ONE2ONE SESSION

Held on Zoom or over the phone so you do not need to organise childcare. This session is your chance to chat one on one with a Montessori Guide. You can ask a specific question or get help on how to set up a space at home. Reserve your time [here](#).

1 x NATURE WALK

Occurring on the weekend so the whole family can join. Learn a new way of being outside with your child. Come and meet other Kin attendees and build your community of like minded families.

3 months access to the ON DEMAND VIDEO LIBRARY

Access the entire catalogue of Kin Masterclasses. Each video is under 30 mins and offers a deeper understanding of childhood development from the ages of birth to six years.

2 x 30 min MASTERCLASSES + live Q&A

Join us live on Zoom for two 30 min masterclasses. The live classes are followed by a Q&A with where you can have all of your questions answered by trained Montessori guides. Most classes are available to re-watch in the On Demand Video Library.

NB: The Q&A section is not recorded for privacy reasons.

Parenting Walkers Program

What's included

7 x 1 hour weekly GROUP SESSIONS*

These small group sessions will help you build a supportive network of like minded families. Each week you will have the chance to chat about your week and go through a parenting module together with a Montessori guide all while your child explores a carefully set up playspace.

*No make up sessions available

1 x 30 min ONE2ONE SESSION

Held on Zoom or over the phone so you do not need to organise childcare. This session is your chance to chat one on one with a Montessori Guide. You can ask a specific question or get help on how to set up a space at home. Reserve your time [here](#).

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NB: The Q&A section is not recorded for privacy reasons.

Ideal for families with children 12 - 18 months of age who are just starting to walk or walking confidently.

Movement is everything for this age group and with the hands that were previously needed for crawling now free, it is time to introduce new activities.

Within a space that is carefully set up with developmentally appropriate toys for your child to explore, come and learn how to interact and play with your child during this important milestone.

Parenting Toddlers Program

Ideal for families with children 18 - 36 months of age who are walking steadily and able to carry objects like a tray with two hands.

With toddlers now steady on their feet, their hands are now free to do some some real activities.

This unique program for both the child and the adult has been described by families as a transformative experience.

What's included

8 x 1.5 hour weekly GROUP SESSIONS*

Each session is divided into two parts; time spent in the Kin Playspace and a Carer's Circle. The order of the parts depends on the time of your session.

Session 1 9:00-10:30am

- Starts with time in the Kin Garden & Playspace
- Ends with the Carer's Circle

Session 2 10:00-11:30am

- Starts with the Carer's Circle
- Ends with time in the Kin Garden and Playspace

Covid-safe checkin: All adults coming on site must sign the attendance book found by the entrance.

***Make Up Sessions** are available. Subject to availability.

1 x NATURE WALK

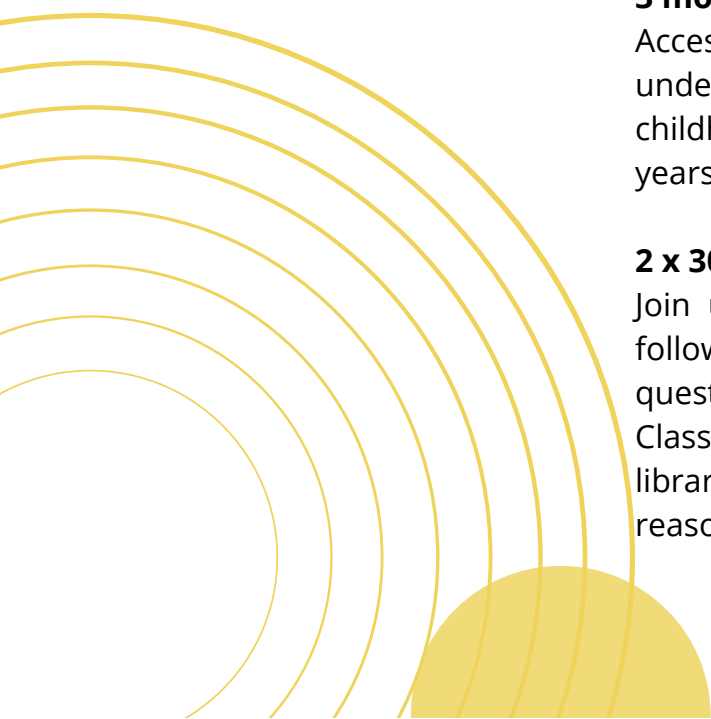
A weekend walk so the whole family can come. Learn a new way of being outside with your child. Come and meet other Kin attendees and build your community of like minded families.

3 months access to the ON DEMAND VIDEO LIBRARY

Access the library of Kin Masterclasses. Each video is under 30 mins and offers a deeper understanding of childhood development from the ages of birth to six years.

2 x 30 min MASTERCLASSES + live Q&A

Join us live on Zoom for two 30 min masterclasses followed by a Q&A where you can have all of your questions answered by trained Montessori guides. Classes are available to re-watch in the On Demand library. NB: The Q&A section is not recorded for privacy reasons.



Online

Kin@Home Program

What's included

30 min ONE2ONE SESSION

Held on Zoom or over the phone so you do not need to organise childcare. This session is your chance to chat one on one with a Montessori Guide. You can ask a specific question or get help on how to set up a space at home. Reserve your time [here](#).

3 months access to the ON DEMAND VIDEO LIBRARY

Access the entire catalogue of Kin Masterclasses. Each video is under 30 mins and offers a deeper understanding of childhood development from the ages of birth to six years.

MASTERCLASSES + live Q&A

Join us live on Zoom for two 30 min masterclasses. The live classes are followed by a Q&A with where you can have all of your questions answered by trained Montessori guides. Most classes are available to re-watch in the On Demand Video Library.

NB: The Q&A section is not recorded for privacy reasons.

The Kin@Home Program is designed to give families unable to come to the Face2Face sessions access to all of the parenting content from the comfort of your own home.



KIN PROGRAM COMPONENTS

*The most
important period
of life is not the
age of university
studies,
but the first one,
the period from
birth to the
age of six.*

Dr Maria Montessori



Face2Face Venue

LOCATION: The Face2Face Program is located at Montessori East, 8 Wellington Street, Bondi, NSW.

PARKING: Free street parking is available on Wellington Street. Check the signs for time restrictions. There is also a 2hr free Wilson's car park at the bottom of Wellington Place.

ENTER THE SCHOOL: Via the courtyard. Please do not enter via the staff car park.

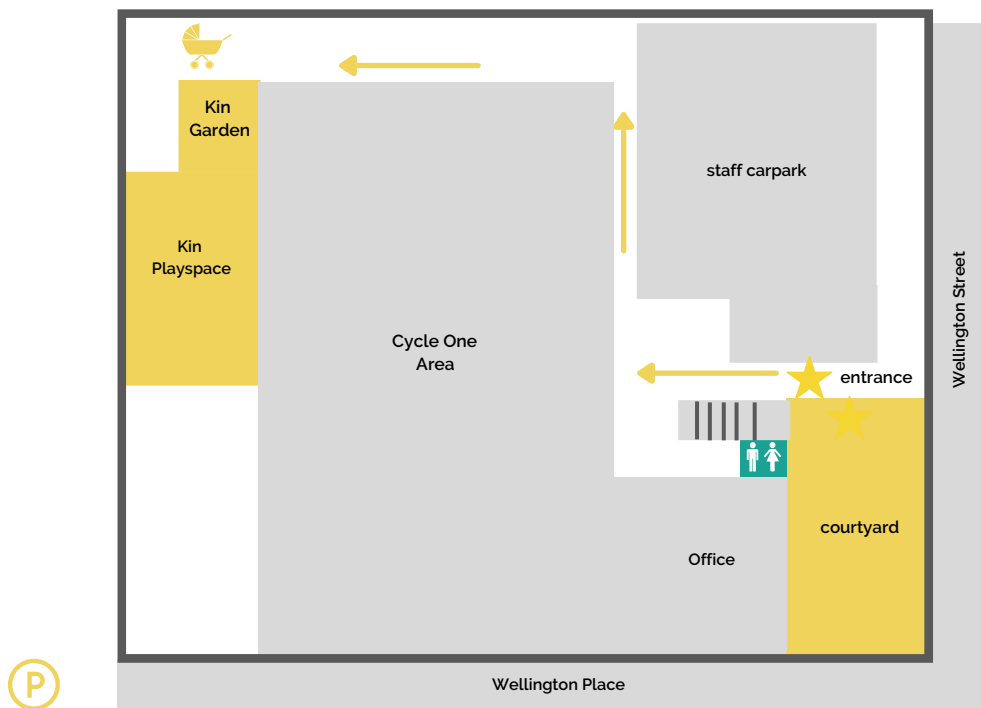
REGISTRATION: **You must sign into the school via the book found by the entrance & the QR code.** This accounts for all adults on the school premises in case of an emergency & is a legal requirement.

TOILET: Located behind the stairs near the office. Please take any soiled nappies with you.

PRAMS: Pram parking is available outside the Kin garden or by the office in the case of rain. There are limited spaces available, so it is best to leave the pram in the car if possible.

KIN: Please be mindful of the other classes as you come to Kin. Keep children to the path and avoid entering the Cycle 1 preschool area.

VALUABLES: There is a place for your belongings on the veranda outside the Kin Playspace. Please leave phones outside and remove shoes before entering. Children should also remove their socks to avoid slipping over.



Kin Playspace

The parenting movers, walkers and toddlers programs include time in the Kin Playspace.

Parenting Movers & Walkers Programs ONLY: The Kin Playspace is arranged with a large open space in the centre of the room and developmentally appropriate toys for the children to play with. All adults are seated on low cushions spaced out around the perimeter. These sessions are designed to allow you to take a step back from parenting, observe and ask questions. There will be a guide available to interact with the children and monitor the activities. There is a lot that happens developmentally at this age, so the questions generally are around sleep, toileting, eating, dressing and setting up the home. Feel free to ask parenting question that you have during this part of the session.

Parenting Toddlers Program ONLY: The Kin Playspace is a special space for the children, with the adults taking more of a back seat. Every family in the Toddler Program is provided with a notebook containing module articles. As well as providing important information about childhood development, these articles guide the Carer's Circle discussions. The other pages of the book can be used to make notes and keep any small work that your child creates. The guides will on occasion read through these notes as a part of their reflective practice, however primarily what you write is for you. Feel free to write in your native language.

What should the adult do while in the Kin Playspace

S **SIT** down, ground yourself in the space and breathe.

L **LISTEN** & minimise talking - unless first engaged by a child or guide.

O **OBSERVE** your child.

W **WATCH** intently.

D **DO NOT DISTURB.** Protect their concentration.

O **OBSERVE** yourself - how does it feel to sit back and let go?

W **WONDER** and marvel at your child's incredible development.

N **NOW** is where we are - be in the present moment.

What to expect

Remove shoes before entering the Playspace. Model sitting down to remove your shoes. Place them with your valuables on the shelf. Give your child time to remove their shoes & socks. Help only if needed.

Phones on silent and leave them on the shelf outside. Please move outside if you need to receive a call or respond to a text.

Kin Garden: While your child is in the garden please sit on a green stool & only intervene if necessary for safety. See '*The Three Rules of Intervention*' on page 12 as a guide. Toddlers can move freely from the inside space to the outside space, while the Parenting Movers and Walkers programs will be together as a group.

Kin Playspace: Please sit on a comfortable floor cushion around the perimeter of the room. (Stool are available on request.) The Playspace is carefully set up taking into account the group's developmental needs & interests. The space is for the children to explore, so we ask that you remain in your spot, unless your child needs the bathroom or to go outside (please take any soiled nappies with you, as we unfortunately do not have a nappy service). The Kin guides will move around the room, guiding, modelling and observing the children. Please only intervene if necessary for safety.

Kin Workbook (Parenting Toddlers Program Only): You will receive a workbook to write your observations & notes. The article of the week will be on childhood development. These articles provide a focus for your observations & guide your Carer's Circle discussions. Feel free to write in your native language.

Singing: We always finish in the Playspace with singing. Your child does not have to join in. It is a choice. Some children choose to watch, join in or continue playing. Once the singing is finished, please move to the veranda. Put your own shoes on before helping your child. The guides will help children who are reluctant to leave.

Carer's Circle

The Carer's Circle only occurs during the Parenting Toddlers Program ONLY. It is your chance to SHARE. Feel free to debrief about the session, ask questions about the articles & bring up anything that has happened during your week. A Montessori Guide will lead the discussions. Please bring along a snack for you & your child to have during this time. The Circle is held outside in the courtyard area. In case of inclement weather an alternate space will be announced.

During the Carer's Circle

S NACK: Nourishment is important. Bring along a packed snack and drink for you and your child (no nuts please).

H ONE your understanding and go a little deeper into the topic raised in the article of the week. Your guide will lead the discussion.

A NALYSE what happened in your session. You could ask questions about an interaction, the setup, or share an observation that you made.

R AISE any issues that occurred at home. Our Circle does not have to be limited to the weekly articles. Other people are often having the same struggles at home. It can be helpful to discuss them here.

E MBRACE your little growing community of like minded families. When you are ready, we encourage you to share your contact details with each other and organise catchups and playdates outside of our sessions.

An education capable of saving humanity is no small undertaking: it involves the spiritual development of man, the enhancement of his value as an individual, and the preparation of young people to understand the times in which they live.

Dr Maria Montessori
Education and Peace



Nature Walk

*Let the children be free;
let them run outside when it is
raining; let them remove their
shoes when they find a puddle of
water and when the grass of the
meadows is damp with dew.*

Maria Montessori

Each term the whole family is invited to a nature walk. Our aim is to show you a new way of being outside with your child. We will walk, have a snack and then finish off with some singing. It's also a great opportunity to meet other Kin families and build your community.

While playgrounds are good, it is important to balance your child's outdoor time with unstructured play and walks in nature.

Enjoying nature can help young children develop a love for Country.

We will be moving slowly and at your child's pace. We will model how to consciously let nature enter through our ears, eyes, nose, mouth, hands and feet. We will listen to the birds singing and the breeze rustling in the leaves of the trees. We will notice the different greens and the sunlight filtering through the branches. Smell the fragrance of nature and taste the freshness of the air. We will touch the trunks of trees and collect sticks and fallen leaves. We will be still and let the land talk to us.

The walk will go ahead in all weather, if it is safe to do so, following the lovely Norwegian saying of "there is no bad weather, just bad clothes". Going outside in different kinds of weather builds resilience. "It saves [our children] from spending a life merely tolerating the bad days in favour of a handful of good ones, a life of endless expectation and conditions where happiness hinges on sunshine" (Nicolette Souder).

You will be advised of the date and location of the walk in the first few weeks of term.



On Demand Library

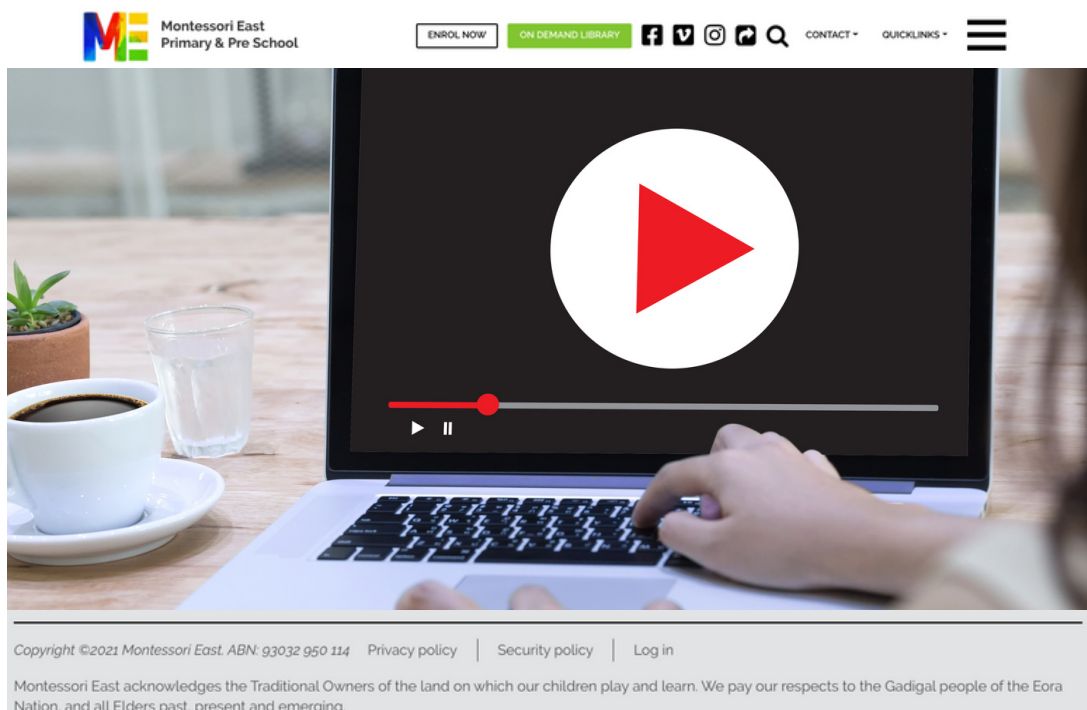
The Kin On Demand video library holds a catalogue of all of the Kin Masterclasses. The masterclasses offer a deeper understanding of childhood development from the ages of 0-6 years.

Delivered by one of our experience Montessori educators, each class uses simple to understand language and gives practical suggestions that can be implemented immediately at home. With topics covering toilet learning, sharing, anxiety and food, you will find a class to suit you. Friends outside of the program can purchase access [here](#).

How to Access

1. Visit www.montessori.nsw.edu.au
2. Scroll the bottom of the page and click 'Log in'.
3. Enter your user name (firstname.lastname) and password. Try resetting your password if you are having difficulty.
4. Click on the On Demand Library button and choose your class.

Access will start two weeks before and end two weeks after the scheduled Face2Face sessions. Watch [this](#) clip for more information on how to log on.



Masterclasses

The Kin Masterclasses go deeper into topics explored in the face2face parenting modules.

As they are run virtually, the masterclasses are easy and accessible for parents, nannies, grandparents and others to learn more about the child under 6 years of age. All of our masterclasses are recorded and available to view on our On Demand Library. Friends outside of the program can purchase access [here](#).

There are two masterclasses each term.
Each masterclass includes:

- 1.30 min Zoom masterclass.
- 2.Q&A facilitated by Montessori guides.
- 3.Login details are emailed before each class.

One2One Session

One2One sessions offer a personalised service for parents wishing to gain access to a childhood expert from the comfort of your home.

Montessori East has qualified post-partum doulas as well as AMI trained Montessori guides specialising in the ages from birth to 3 and 3-6.

Gain support before baby arrives right and right through the early years. Ask questions about behaviour, fussy eaters to how to set up a nursery or play area.

Each session is:

- 30-minute via phone or Zoom
- Choose between pregnancy advise or early parenting tips
- Book a time that is convenient for you

Each Parenting Mover or Walkers Program ticket includes a one2One session.

One2One sessions need to be purchased separately with the Parenting Toddlers program.





COMMONLY ASKED QUESTIONS

A: Should I bring a change of clothes to the group sessions for my child?

A: Yes, it is a good idea to have a change of clothes as there is a lot of activities that use water.

Q: My child only plays with the water activities every session.

A: Water is a great way to educate the mathematical mind. They are learning about volume, the qualities of liquid and cause and effect. Let them play :) The repetition is teaching them something - it is just not obvious to us.

Q: I am not sure how I should interact with my child while in the KIN Playspace.

A: Be human :) and respond when your child interacts with you. The key is to not be the one initiating the interaction.

Here are some examples of situations that might come up and suggestions on how to respond.

CHILD: "Come here mummy/daddy..."

YOU: Acknowledge your child's wish - "You want me to come with you, I understand. This is where I sit at Kin." or "You can come to me if you want, yes I am sitting here."

CHILD: "Help"

YOU: Acknowledge - "I can see you want some help. That's okay, Prue will be with you in a little while." or "You can ask Rachael for help if you need it." "Tea is just there, she can help."

If your child is calling for you across the room ...Make eye contact and smile - allow a few quiet moments to pass and your child may come to you or silently beckon them to you.

Q: What happens if my child gets hungry or thirsty?

A: It is best to feed your child their solids before the Movers and Walkers group session. During the Toddlers Program there will be a small amount of food available for your child to prepare. It is also a good idea to bring a packed lunch to have during the Carer's Circle. That will mean that there is only an hour or so to wait if your child does not like what is on offer in the Playspace. Filtered water is also available in the Kin Playspace. Breastfeeding is supported in our community and many parents breastfeed their child during the sessions. Please let us know what we can do to help you feel comfortable.

Q: Is the food that the children prepare for snack organic?

A: All of the food offered is organic. Most of it is sourced from Green Gradz which is a Montessori East student run organic fruit and vegetable coop.

Q: What is Green Gradz?

A: Green Gradz is a Montessori East student run organic fruit and vegetable coop. Boxes are \$65 each and available for pick up fortnightly on a Thursday during the school term. All profits go to the Dalaigur School, which is an independent Indigenous owned community pre-school in Kempsey that Montessori East supports. Email greengradz@montessori.nsw.edu.au to get your trial box.

Q: How many children per session?

A: There is a maximum of eight children in our group sessions.

Q: What do I do if my child is sick and cannot make a group session?

A: Email under3@montessori.nsw.edu as soon as possible.

Q: Are there make up sessions?

A: There are no make up sessions available for the Parenting Movers and Walkers Programs as we only run these programs once a week.

While there is no official make ups offered for the Toddler Program there is an unofficial internal system where vacant spots can be offered to people who have missed a group session. To maintain the programs quality, make up sessions can only be offered on days that have space.

Q: Do I need to come with my child to the sessions?

A: Yes. One adult should attend for each child. Please contact the team if you have twins.

Q: Can my nanny bring my child to the group sessions?

A: Yes. Any carer is welcome to bring your child to Kin. Please have them read through this booklet before they come so they know what to expect.

Q: Can I bring a sibling or a babe in arms to the session?

A: Only enrolled children are permitted in the Kin playspace and Kin garden. For safety it is important that alternate arrangements are made for siblings and babes in arms

Due to the limited space and safety concerns, alternate arrangements need to be made for older or younger siblings, including babes in arms.

Q: Can we still continue to come to the program after my child turns 3 years old?

A: Ideally children should be under 3 for the duration of the term enrolled. Children go through a big change around the age of 3, and we find that the Kin program no longer meets their developmental needs. If you have already enrolled in the term and find that Kin is no longer meeting your child's developmental needs, then we can make arrangements to transfer your booking to Kin@Home options or a home visit and one2one session. Staff will also contact you if they can see this happening.

Q: Does enrolment in Kin put me on the waitlist for the Montessori East preschool?

A: No. Please be aware that attending Kin DOES NOT place you on the waitlist for Montessori East.

Q: What age should I enrol in the Montessori East Preschool?

A: The preschool at Montessori East start from when your child turns three. As we are a small school and places are limited. It is best to get on the waitlist as early as possible. We recommend filling in the enrolment form as soon as you start coming to Kin.

Q: How do I enrol in the pre-school at Montessori East?

A: Enrolment forms can be completed online at montessori.nsw.edu.au.

Q: We have just started wearing underwear. Should we wear nappies to Kin just in case?

A: Please continue to wear underwear at Kin. We will support you during this journey. Just bring along a few changes of clothes. We have a special cleaning basket for any misses, so don't worry.

Q: Could I talk to a guide one-on-one?

A: Yes. Whether you have had a new sibling arrival, have some behavioural issues or are wanting help setting up a room, we have parenting experts available for a chat. All parenting movers and walkers program tickets come with a one2one session included. One2one sessions can be purchased [here](#) separately if you are in the Parenting Toddlers program.

Q: What measures are in place to minimise the risk of COVID-19 transmission?

As the program operates on school grounds, Kin follows all of the current government regulations and restrictions.

The Kin program was developed with Covid-19 safety measures in mind.

The spread of virus particles is minimised through the use of the air-conditioner, open windows and by requesting that all adults remain seated in their socially distanced seat while saving conversations for the Carer's Circle which is held outdoors.

Staff, in conjunction with other adults, monitor for mouthed items. Any crockery and cutlery used by a child is placed on a designated shelf with the child's name and returned when needed.

Hand sanitiser is readily available and the playspace is cleaned in between sessions.

It is very important that you keep your child at home if they are unwell (things like high temperature, coloured mucus from the nose, etc). The onset of illness in young children can sometimes occur unexpectedly. If staff or you notice your child is exhibiting signs of illness we kindly request that you excuse yourself from the session.

Q: Where can I dispose of soiled nappies?

Unfortunately we do not have a nappy service. We ask that you only place sanitary products in the sanitary bins, and take any soiled nappies with you when you leave.

Q: My child does not seem to be able to concentrate.

A: That is okay. The more we let them engage with something without interrupting, the better their concentration will become. Speak to a guide if you are concerned.



Montessori East
Primary & Pre School

UNDER 3 PROGRAM

MONTESSORI EAST
8 Wellington Street, Bondi, NSW 2026
montessori.nsw.edu.au
under3@montessori.nsw.edu.au