

# SAMPLE

18 MONTHS - 3 YEARS

(child takes one nap & includes working from home schedule for parents)

## 'Work cycle'

**What is it?** For children **18 months – 3 years**, a **'work cycle'** is a **2 hour** period of playtime or engaging in activities. It is important to try and **follow the child's lead** to see what they are interested in doing and setup the environment for **independent play where possible**. These include opportunities for sensory, fine/gross motor skills, craft, language, movement, open play activities or practical life (helping with household chores like laundry, baking or prepping for lunch/dinner, cleaning) if possible.

Look under **Files Section** for **'Ultimate Montessori Activities'**. This is a comprehensive list of age appropriate activities to do or **SETUP** for your little one at their respective age.

If you are working from home generally the work cycles & when the children are asleep will be your best time to **TRY** to do your work – **Follow the ADULTS section in the schedule**.

*\*The schedule is **just a guideline** and is adaptable in your family to suit the needs of your child. Do not feel pressured to follow it 100%! **Only do what you can and feel you are capable to do!***

# Montessori at home schedule

6:00 - 9:00 am	9:00 – 2:30 pm	2:30 – 6:00 pm	6:00 – 9:00 pm
<p><b>Morning routine</b> Wake up, breakfast, shower, self-care, independent play (allow children to be involved if possible, making breakfast, cleaning up after breakfast, dressing etc)</p>	<p><b>9:15 – 11:15 am</b> <b>'Work cycle - 1'</b> -ie. Playtime! <i>See side panel for explanation.</i></p> <p><b>11:15 – 11:30 am</b> Singing, music, dancing &amp; transition time for lunch</p> <p><b>11:30 – 12:00 pm</b> <b>- Lunchtime –</b>  Allow children to be involved in setting the table, cleaning up</p> <p><b>12:00 - 2:30 pm</b> <b>- Rest-time –</b>  Nap, downtime etc.</p>	<p><b>2:30 – 4:30 pm</b> <b>'Work Cycle - 2'</b> -ie. Playtime again! <i>See side panel for explanation.</i></p> <p><b>4:30 – 5:30 pm</b> Outdoor activities / park if possible <b>and if you are allowed</b> - let off some steam, running, slides, jumping, throwing balls, riding bikes etc.</p> <p><b>5:30 - 6:00 pm</b> <b>- Dinner time -</b> Use this as another opportunity for practical life, setting the table, packing away (even using a small plastic tub on the floor your little one can dump dishes in and a small cloth to wipe the table!)</p>	<p><b>6:00 – 7:00 pm</b> <b>- Bedtime routine -</b> Bath time, dressing into pjs, quiet activities such as reading and relaxing in bed.</p> <p><b>*** If you can, try for 7 pm bedtime</b> it's like a miracle bedtime, children tend to sleep right through to the morning - there is something magical about the 7 pm bedtime that <b>actually works!</b> ***</p>
<p><b>Adults</b></p> <p>Self-care, a few emails/ projects, before children wake if possible, dishes.</p>	<p><b>9:15 - 11:30 am</b> Be present if possible, check emails (1hr), invite participation in the practical life duties.</p> <p><b>11:30 – 12:00 pm</b> Have some lunch and prepare for downtime</p> <p><b>12:00 – 2:30 pm</b> <b>This is your work block!</b> Smash out as many tasks as humanly possible because you are <b>superwoman /superman!!</b> Work on projects/emails because when your child /children wake your attention will be elsewhere!</p>	<p><b>2:30 – 4:30 pm</b> Be present if possible, check emails &amp; try and tie up any work commitments or projects, invite participation in the practical life duties if you can - multitask <b>because you are amazing!</b></p> <p><b>4:30 – 5:30 pm</b> Be present. Use this time to leave everything else and try to bond with your child.</p> <p><b>5:30 – 6:00 pm</b> Prepare/have dinner</p>	<p><b>6:00 – 9:00 pm</b> <b>Dinner &amp; bedtime routine</b> - once the kids are down use this time to reset, have some down time, tidy up anything that needs to be done and prep yourself to do it all again tomorrow!</p>