

Routines & Rhythms to Support Your Toddler & Primary Child

"It seems to him, at this stage, a particularly vital matter that everything in his environment should be kept in its accustomed place; and that the actions of the day should be carried out in their accustomed routine."

— E. M. Standing, *Maria Montessori: Her Life and Work*, p. 123

At Home Tips:

- **Create predictable anchors.** Focus on recurring moments such as waking, leaving, coming home, meals, bath, and bedtime.
- **Make the sequence visible through repetition.** Children gain independence when they begin to know what comes next.
- **Prepare the environment.** Keep belongings accessible and in consistent places so the environment can communicate instead of you always having to remind.
- **Invite participation.** Ask, *What can my child begin to own?*
- **Be a predictable presence.** Consistent language, boundaries, responses, and connection are part of the child's experience of order.
- **Prepare for change.** Predictability doesn't mean nothing changes. Help children understand what will be different and what they can still count on.

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