

Functional Independence

“I can do it myself!”

Independence is central in the Montessori approach throughout development.

In Casa, your child will take a new leap forward in functional independence.

Being able to dress oneself is an exciting milestone! Just like learning to walk, talk or feed oneself, it will happen in progressive stages and, in the beginning, takes time (A lot of time!).

Your child needs

- appropriate clothing that s/he can manage
- to be **SHOWN HOW** to manage it
- **TIME** to perfect the new skill

The following chart can be useful in choosing appropriate clothing for your child:

Clothing Considerations	Age 2 ½+ (easier)	Age 4 ½+ (trickier)	Age 5 ½+ or NOT SUITABLE for Casa (See notes)	
SOCKS: Show your child how to stick one thumb, then the other into sock, put toes in, and slide sock up onto foot.			 <p>(Some younger children do well with tights, especially the thicker knit kind. But if your child still wets frequently, leggings are a better option with those darling dresses!)</p>	
PANTS: Using the toilet at this age requires pants that can be pulled down QUICKLY . 😊 - No belts - Pant legs that are too long may be tripped over	 Elastic waist band	 Snap and zipper	 Belt/Buckle	 (Overalls can sometimes be managed younger than 6 years old)
SHIRTS: Long sleeves should not cover hands - Buttons are difficult for younger children	 Comfortable and easy	 Buttons and/or snaps	 Onesies are next to impossible for children to manage. It's best to stop using them once children are walking so they can practice dressing and undressing.	
SHOES: Need to be easy to get on/off - Need to be safe: CLOSED TOE and SECURE FIT - Child should be able to RUN in shoes	 Velcro closures	 Laces	 High tops present an additional challenge	 Crocs, flipflops and other sandals are NOT SUITABLE for school

A NOTE ABOUT DRESSES:

When choosing a dress for school, remember that your child should be able to run/play in sandbox, etc. (get a little messy). In addition, fancy dresses can get in the way of some activities. Also, a pair of shorts or leggings underneath will help them feel more comfortable when playing!

PLEASE LABEL ALL ITEMS

Lunch is another opportunity for your child to practice functional independence! At lunch, your child will set a place, unpack and clean-up for themselves. Help is always provided to those who need it.

Quick Reminder: We are a nut free school.

The following chart can be useful in choosing appropriate lunch containers for your child:

Lunch Considerations	Examples		
<p>BAG: We have very limited space, soft-sided and compact (narrow) bags are GREATLY appreciated!</p>			
<p>INDIVIDUAL CONTAINERS: The goal is to have reusable containers that your child can manage. Show your child how to use them and give them a chance to try! Several small containers are ideal.</p>			
<p>THERMOS: to store cold/hot foods such as soups, casseroles, oatmeal, etc!</p>			
<p>WHAT YOU CAN LEAVE AT HOME: We provide water and hormone free 2% milk, silverware and napkins for the children during lunch. Feel free to leave these items at home.</p>			

PLEASE LABEL ALL ITEMS