



**CASCADE**  
**Family Learning Services**

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***We Montessori***

# Tenets of Montessori



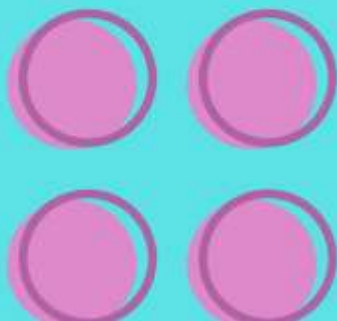
- Mixed age classrooms.
- Uninterrupted 3 hour work cycle.
- Simple, elegant and aesthetic environment.
- Child sized furniture.
- Barrier free access to materials and the guide.
- Self correcting scientifically designed materials.



## For expecting parents



- Are you excited to see your new born baby?
- Have you thought of what form of education you want to give your Child?
- How about an education system where you can participate in the process of educating your children?
- How about receiving year long assistance and tips on parenting?



# Casa program

2.5 to 6yrs

We observe and stimulate age appropriate development among 5 major aspects which are;



- Communication
- Gross motor skills
- Fine motor skills
- Problem solving skills
- Social skills

A special team of experienced and seasoned Montessori guides ensures and develops the 5 main domains of child development above mentioned.



Our strong early learning program that can help your child advance in all areas of development and follow the path to Elementary education readiness and long term success in School and life.



# Elementary Program

6 to 12yrs

What sets Montessori apart in the Elementary years ages 6 – 12 is the individually paced curriculum that challenges children academically and safeguards their well-being and sense of self. Engaging as contributing members of a respectful community, they learn to question, think critically, and take responsibility for their own learning skills that will support them in later education and in life.



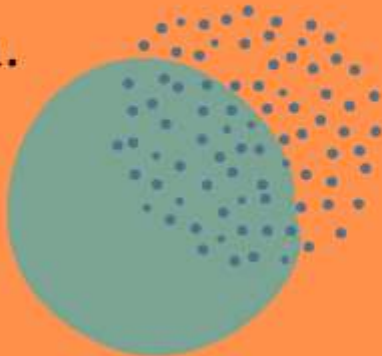
“We kindle the reasoning mind of elementary children, providing ample opportunities to these voracious intellectual gatherers, helping them arrive at defining their societal role while understanding interdependence in the world.”



# Adolescent Program

12 to 18 yrs

The Adolescent at CASCADE is a witness and participant to a number of socially and culturally relevant discussions for his growing personality that hinges on moral development. Field experiences in our rural centres offer deep impressions and systematic understanding of human needs vs earth ethics, combined with a call for action.





“Built on the foundations of the elementary, it provides opportunities for practical community living and learning, that paves their future into becoming a productive member of the civilisation and culture of today and tomorrow.”



## About us

CASCADE FLS is a unique educational ecosystem that was started a decade ago with an intention to empower children, self-direct their learning, and families cooperating to provide the needed facilities – academic and non academic. We continue to generate success stories of families who are partnering with us and thriving in its growth and stabilisation.

Free the child's potential, and you will  
transform him into the world.

*-Maria Montessori*

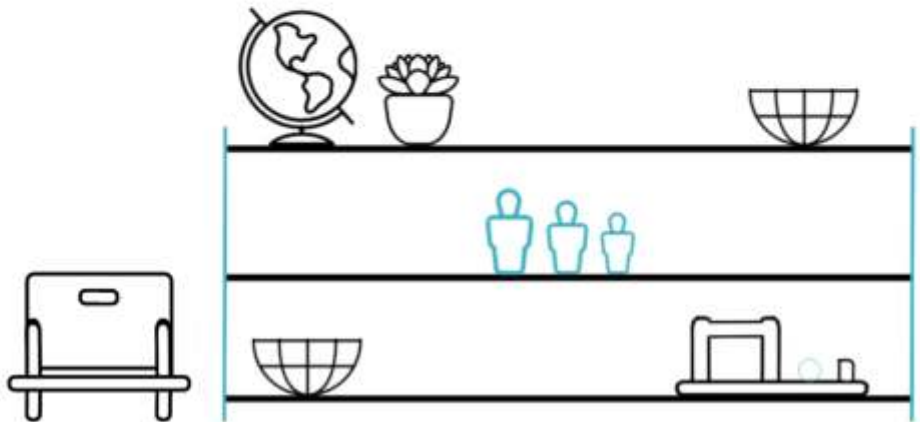






"Education is a natural process  
carried out by the human  
individual, and is acquired not  
by listening to words, but by  
experiences in the environment."

## **Maria Montessori**



# The Prepared Environment Provides...

**freedom**



a child is free to make choices and follow through with them

**order**



everything has a place and is in its place

beautiful touches are included in the environment to call to and attract a child



**beauty**

**natural limits**



what a child can or can't do is clear by what is included in the environment

**connection**



a child works alongside the rest of the family and can participate in family life

**opportunities for independence**



an adult doesn't have to complete tasks for a child because the environment is accessible

# Play Spaces



As Maria Montessori said, "Play is the work of the child." Your child's play space can be anywhere in your home. Whether it's a dedicated playroom, a corner of their bedroom, or part of a shared family space, here are some tips to keep in mind as you think about the space.



1. Store small books in accessible basket where your child can see
2. Use a low shelf to store toys and materials
3. Minimize the number of toys and materials available
4. Hang low realistic and beautiful art in play areas
5. Use baskets and trays to organize toys on shelf

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1. Add a child safe plant for beauty and practical care
  2. Store toys and materials on open shelving
  3. Maximize floor space for play by minimizing the clutter in the space
  4. Add a small table and chair to work and play at
  5. Organize toys and art supplies on trays and in baskets




# Kitchen & Dining



The kitchen provides amazing opportunities for practical participation in the home. It's important for children to have independent access to kitchen either in their own area or incorporated into the adult space. Here are some tips to keep in mind as you think about your kitchen.



1. Provide small glasses for drinking
2. Give access to a small pitcher of water
3. Provide a stool or learning tower and involve in cooking process
4. Clear a small shelf/cabinet at child's level to store child's utensils and dishes (the younger the child, the fewer choices available)
5. Use a weaning table (small accessible table) for snacks and/or meals

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1. Add a small shelf with independent healthy snacks and meals
  2. Add a beverage dispenser or other water source in accessible location for drinking, cleaning, and cooking
  3. Add a child sized work table/shelf/bench for kitchen work
  4. Place child-sized tools in accessible cabinet/shelf/drawer. Include knife, tongs, spoon, and whisk for food preparation/serving
  5. Store dishes and utensils at child height






# Sleeping & Dressing



Children are on continuous journey towards independence. Making changes to a child's sleeping and dressing space can help your child on their path towards independence and freedom. Here are some Montessori tips for preparing your sleeping and dressing spaces.



1. Use a floor bed or low toddler bed to maximize freedom of movement
2. Use a light switch extender
3. Make a few clothing choices available in basket or on a low shelf
4. Place shoes in accessible basket or tray near entryway
5. Add a small chair or stool to assist in independent dressing

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1. Add a lamp/light that can be used independently
  2. Hang a low bar in closet for clothes, or use accessible shelves for clothing storage
  3. Add a low hook for coat/backpack storage
  4. Consider a small chair or stool in the area where your child dresses
  5. Use an accessible bed that your child can get in and out of on his/her own



# Bathroom



Self care is important for adults and children alike. By participating in daily tasks children can gain self worth and dignity. Here are some tips to help you prepare your bathroom which can go a long way in helping your child build confidence for the future.



1. Make a hairbrush, toothbrush or other self-care tool available for exploration
2. Add a slip resistant stool to your bathroom
3. Hang a potty seat at an accessible height with a small hook
4. Store diapers/wipes in accessible location for help with diaper changes
5. Add low hook to hang towel or washcloth



1. Use small versions of self care products (shampoo, soap, toothpaste, lotion, etc.) and make accessible
2. Hang a low mirror
3. Make all bathroom supplies (hair accessories, comb, toothbrush, etc.) accessible on low shelf or cabinet
4. Add stool to independently reach sink, toilet and bathtub
5. Add a low hook to hang towel, robe, or any other bathroom items



"Independence is not a static condition; it is a continuous conquest, and in order to reach not only freedom, but also strength, and the perfecting of one's powers, it is necessary to follow this path of unremitting toil."

## **Maria Montessori**



# Meet Nicole!

Hi, I'm Nicole Kavanaugh I hope you enjoyed this mini e-book on how to start using Montessori principles in your home.

I'm the writer behind The Kavanaugh Report ([www.thekavanaughreport.com](http://www.thekavanaughreport.com).) On The Kavanaugh Report I strive to share practical tips on how to incorporate Montessori into your home and parenting.

I also teach a variety of Montessori parenting courses for you to explore Montessori more deeply. You can find me as an Admin in Montessori 101 on Facebook, on Instagram, and Pinterest.

Most importantly, I'm a Montessori mom to four wonderful kids - Henry, Nora, Augustus, and Theodore.





The preschool years (2 ½ - 6) are very important in the life of a child. This is the time when your child steps out from the cocoon of home into a school. These years mark enormous developmental growth in children. So, how does a preschool help? Preschools help in the emotional, social and personal growth and development of a child. Apart from this, the kind of preschool you enroll your child in has a lasting impact on their academic achievements as well. Hence, parents must do ample research before enrolling their child in a preschool.

**Prerequisites of a preschool:** There are several approaches to preschool education. The Montessori, Waldorf, Reggio Emilia, Kindergarten, Nursery Schools are some approaches that are more popular in our country. Irrespective of the approach that you choose certain prerequisites are must-have's in a preschool.

- **Classroom design-** it should be joyful, have suitable material and should encourage learning.
- **Teachers-** should be able to guide the children through the various learning stages, handhold when needed, help them in social and emotional growth.
- **Social and emotional development-** preschools should help children understand their feelings and teach them to connect with peers
- **Academics-** Children should learn fundamental academic skills through creative activities and exploration
- **Safety-** the environment of a preschool should be such that your child is at no risk physically or emotionally.

Apart from these, parents should also be given about the parent-teacher association, the activities with PTA, fee structure, the presence of observations etc.

### **The school evaluation tool from CASCADE FLS**

While short-listing preschools apart from review and parent feedback, it is essential that parents evaluate them for the above-mentioned pre-requisites as well. But, for varied reasons, it may be difficult for parents to do the same. With the view of easing this process for parents and helping them make the right decision for their child, CASCADE FLS has developed a preschool assessment tool.

This tool assesses schools based on the above-mentioned parameters and more. So, at one glance a parent can see what a school offers, whether it offers certain programs for the child and the parent; if they have the infrastructure, child safety policies etc.

This tool can be used as a guidebook for shortlisting schools. We highly recommend parents have a personal interaction with the shortlisted schools before enrolling their child.

***Preschool is not a place for your child to just spend a few hours, but a place where curiosity is ignited. So, to make an informed decision and select the right school for your child, please rate the school before enrolment.***

**How to use the tool:** This tool is an empowering one, for parents to know what their children should be offered when they enroll in a pre-school. When you enquire, make sure to do the following:

- **Email enquiry:** Cut paste the questions below and expect their response to it.

<b>Policies and Programs</b>	Is there a philosophy based approach to education?
	What kind of information do you seek from parents before admission, and why?
	Is observation of a cycle of activity possible for 2 or 3 days?
	What is your feedback mechanism and mode of addressing behaviour challenges.
	Are parents allowed to access observation records maintained by teachers.
	Is there an accessible list for the parent to see, of activities offered per quarter
	Are Parent education programs offered?
	How many per month?
	Snacks if provided - what kind?
	Is there a Zero screen for children policy?
	Is there a Child Protection and Safety Policy of the school that can be shown to parents?
	Are there volunteering opportunities for parents in the school?
	If yes, what kind ?
	If no, reasons?
<b>Teachers and Helpers</b>	Is there a process for fixing fee structure and implementing changes?
	What are the Qualifications of the teachers in classroom, handling children
	What about classroom accidents? Toilet and other – How do you approach to resolve the crisis?
<b>Infrastructure</b>	Are parents directly allowed to contact teachers?
	Do you have access enabled clean, child sized toilets.
	Are your environments Diaper free, with changing spaces available for children to change and wash when necessary.
	Do you have Wash basins at child's height.
	Do you have clean, covered or part open play space.
	Can you send us a photograph of your classrooms , play area and bathrooms?

The demeanor as well as attention to details will be known when they answer these questions. Classroom appearance should be simple and not gawdy. If schools do not answer these questions, you can be sure, that you or your child will not be respected and treated as per the child's right to development, participation and protection.

- **In Person enquiry:** Check for each and every parameter and rate them realistically without compromise as it would decide the life of your child for the next 3 to 5 years or even more. The age being sensorial and impressionistic, it can make or mar the child's attitude towards education and thereby his/her future.





Enroll today

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