



## HOW MONTESSORI LEARNING PROMOTES STRONG MENTAL HEALTH

**Montessori learning encourages self-directed exploration which helps develop a sense of autonomy and confidence in children.**

Through hands-on activities, it nurtures problem-solving skills and resilience, both of which are crucial for coping with challenges later in life.

At the core of Montessori philosophy lies a dedication to fostering collaboration and instilling respect for others.

This educational approach nurtures empathy and social skills, essential for building strong relationships and emotional resilience.

Moreover, it instils a growth mindset, encouraging children to view mistakes as valuable learning experiences, thereby alleviating anxiety and fear of failure.



## Be an Active Explorer!

Being an active explorer is a great mindset to have and providing opportunities such as these are fantastic, however messy it gets from time to time! Encouraging outdoor exploration and a connection with nature promotes physical well-being and mental health, providing opportunities for movement, sensory experiences, curiosity, creativity, problem-solving skills and a sense of wonder and awe.

## Respect their interests

As your little one begins to explore their world, it is important to show respect for their interests and abilities. Children can experiment by engaging in trial and error (figuring out what works well and what does not work as well), which helps them build on their self-reliance build a strong sense of self-worth and autonomy, and the confidence to take risks.

## Establish Routines

As seen in the Montessori classroom, maintaining a sense of order and routine in an environment that is common to your little one (such as your home), will help them feel secure and grounded and help reduce any stress and anxiety. For example, you can create an environment that is engaging and exciting to encourage their learning. Try to make your little one's setting as accessible as possible and provide age-appropriate materials, as this allows them to develop at their own pace.

## Socialise with Others

It is important to provide opportunities for your little one to engage in social situations. Engaging in social events that have a supportive and inclusive environment will support your little one in developing their social and empathetic skills. Additionally, it can also create a sense of belonging for your little one. It is important to demonstrate empathy, patience, and resilience when faced with challenges as this helps your little one develop these skills too.

## Talk about Emotions

On the topic of emotions and looking after mental health and well-being, by providing opportunities for quiet reflection and mindfulness practices, this helps children develop self-awareness, emotional regulation, and resilience, essential components of strong mental health. For example, promote open discussions around emotions. By being open and honest with your little one about how you are feeling will allow them to make connections between the emotion and feeling, hopefully giving them the confidence to share their emotions with you and others.

## Use Books and Stories:

Books such as those listed below provide excellent ideas on who Maria Montessori is and how to incorporate the philosophy into you and your little one's life:

- Maria Montessori by Little People, Big Dreams
- The Montessori Child by Simone Davies
- Montessori Board Books by Bobby George and June George

## Offer Opportunities

Children can thrive well on a range of opportunities as they are able to be curious and investigate their world. The benefits of different opportunities can help them to develop their personality, likes and dislikes.

## Let them take risks!

Your little one needs to experiment with their world. They need to explore things by trial and error and take risks, and from here they will learn what works and what does not work as well. As you give them more independence, they are likely to grow in confidence and increase their levels of self-resilience.

## Engage in Child-Led Play

Routines are good for your little one as it helps them develop their concept of time. However, when it comes to play, it is a good idea to let them lead the play. Montessori promotes self-directed play which allows exploration, and therefore allows children's curiosity and creativity to develop.

## Follow Your Little One

Montessori education emphasizes the importance of following the child's interests and developmental readiness. By settings strict developmental goals for your little one can hinder their ability to learn at their own pace and develop a natural curiosity and joy for learning.

For more tips, tricks, hacks and advice on how to raise happy, confident children visit the [BBC Children in Need website](#).

