



National Newsletter

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Newsletter for Parents of SAMA Member Schools

The alarm goes off at 05:30. I am tempted to press the snooze button and stay in bed. My bed is so warm, outside the wind is howling, even the sun is allowed to sleep later than usual!. Its winter, it's cold, and here in Pretoria it is smoggy dull and dusty. Why can't I just stay in bed?

Reluctantly, I get up and get ready for school, just like I have done for the past 30 years....oh how do I miss my dad's strong coffee next to my bed and my mom's smile at the breakfast table while I try to eat my piping hot jungle oats as fast as I can without burning my throat.

Come on, *Wake up!*

We can make this happen.

As parents I think we are in the position to help our children be morning people or not. If you

wake up late, rush your child to get ready for school get in the car at a sprint without eating breakfast, you can expect your child not to be a morning person.

But, If you make the choice to wake up your child in a more gentle and calm manner, even your day will start off on a better foot. We all have bad mornings when we're not in the mood to get ready, but for the love of our children we need to make the sacrifice and put on the brave smile. All of us, who have toddlers, need to understand that they are in their sensitive period of order. They need routine and order around them. They thrive on predictability. Therefore to keep them feeling secure and content we cannot send them to school one morning after a full English breakfast and then forget to give them something to eat the next morning.

Make this choice, get your partner and kids to wake up on the right side of the bed, by giving them what they need. A gentle kiss on the cheek, coffee in bed, whatever it takes to leave the house in a good space. You never know what can happen before everybody is under the same roof again.

A smile can go a long way to chase the winter blues away. That smile will help your child through the day and we all know that a calmer, happy child will learn so much better.

“There are two lasting requests we can hope to give our children.

One of these is roots; the other, wings.”

–Hodding Carter