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Stop and look deeper

I love the shop “Look and Listen”... it reminds me so much of a Montessori classroom. It is always filled with different characters that are searching for something, buzzing around but concentrating deeply while they read the back of a latest CD cover. Men can spend hours looking at the latest technology while females find romantic movies to get nostalgic or steal five minutes to listen to a song they love. That is what happens when the environment is prepared with things that answer to your needs.

But look and listen is what we as Montessori adults do frequently while we observe in class. Through observations we learn more about the child. We understand the child better and we assess the development and level of work. It enables us to eliminate any distractions in class that might hinder the child’s progress so that we can prepare the environment better in future.

How often do parents stop to look deeper? When last did you observe your children while they were busy with something? By just watching your child you will learn a lot about their development and learning. You might be surprised to see how much their behaviour mirrors your actions. (Just think how quickly swear words are picked up and used appropriately!)

Observing your child will help you to understand him or her better and enable you to interact on a higher level. Like they say: take your heart rate and dive deeply: look at what the child is doing, what makes him happy or sad, and then dive deeply to try and fix or eliminate the things distracting him from reaching his full potential.

In the rat race that we live in today it becomes more difficult for us to sit back, relax and just watch our children being busy with something that they enjoy. We are always busy with work, running the household or helping them with homework and research tasks that we often forget to just be a mom or dad. We often forget to stop and marvel at the beauty of a rosebud opening in our garden. Or to point out to our children the nest that the bird is building in the garden. We forget to take our children out to drink a milkshake and just to talk about the weather. We rather opt to discuss schoolwork, trying to teach them and always wanting the best instead of relaxing while we look at the metamorphoses that is taking place right in front of our eyes. We forget that the best thing that we can give to our children is to be a parent who is willing to look at them, look after them and to listen to them.

I invite you to stop, just for five minutes, and observe your child. Look deeper and listen to what they have to say. They grow up so quickly and before you know it this precious childhood will have passed, and you will have before you a young adult, making his or her own way in the world.

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