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Chronicle

Welcome to our world

From the Editor's Desk

Dear parents,

"In truth a family is what you make it. It is made strong, not by number of heads counted at the dinner table, but by the rituals you help family members create, by the memories you share, by the commitment of time, caring, and love you show to one another, and by the hopes for the future you have as individuals and as a unit." - Marge Kennedy



Through understanding at home, children feel valued and loved; by studying them, you will know what makes them tick and what makes them thrive. That's what you want, right? As parents, it seems we're always correcting our children. Think about it: "Brush your teeth. Don't hit your brother. Make your bed. Take a shower." Oh, the list is endless! I'm suggesting you shift your focus to connect with your child. How do you build a bridge to your child's heart? Please read our article on the ways to build family unity for more ideas.

The year has come to an end, but the pandemic has not. None of us likes being cooped up at home, but we can see the light at the end of the tunnel - India started vaccinations last month for Covid-19. Let's keep up with the patience and excellent work we have done to support our children and our families.

Our students will continue their learning journey, exploring and discovering new concepts. Best wishes to our students who are preparing for interviews for the next academic year. Please keep us informed, so we can offer you some guidance on how you can help your child develop confidence through practise sessions.

Kind regards,



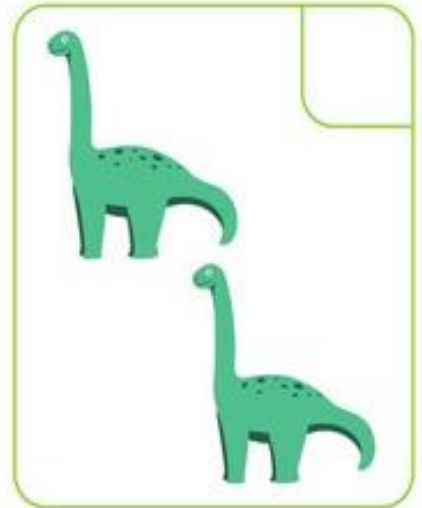
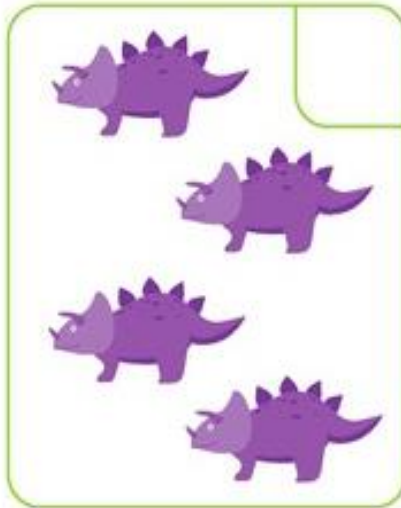
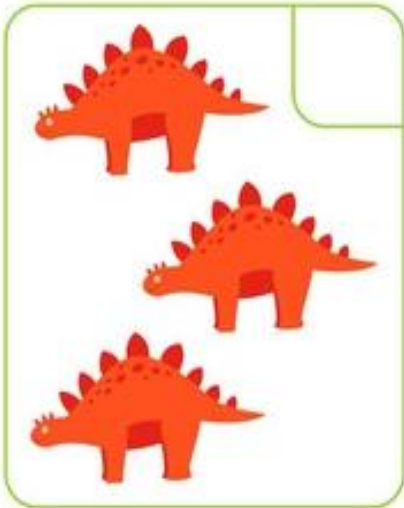
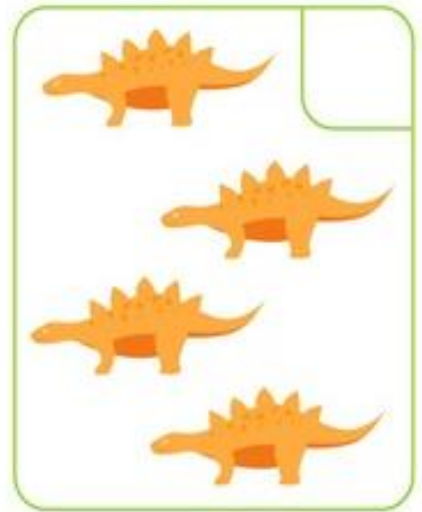
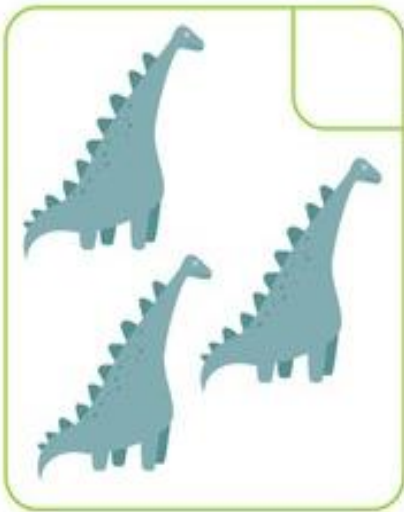
Usha Lamba

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CEO

Fun Corner



How many?



Ways To Build Family Unity

By Usha Lamba

COVID-19 has changed how we, as families spend time together, and this new reality has created a unique set of challenges. Limited travel, working from home, and online schooling will continue to be a part of our lives.

Effective communication is the key to happy family life. One way to create a safe, open and supportive environment that helps promote meaningful communication and build family unity is through family meetings. Families can use and practice tools of positive communication, active listening, conflict resolution, perspective sharing and bonding during these meetings.

In this safe environment, family members can create shared values, parent-child relationships are enhanced, and family members form lifelong relation-*shifts*. Your family meeting provides a safe space for each family member to work through their issues while developing and practicing empathy, compassion and understanding with other family members. It is also an excellent opportunity to learn about one another and enjoy quality time together.

Here are a few tips for creating a family meeting:

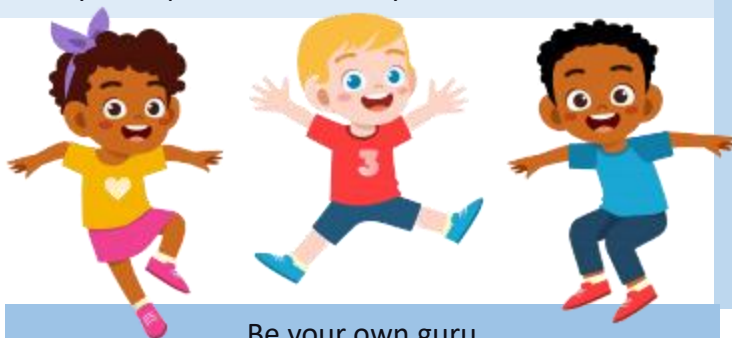
Build a circle of trust

Begin by discussing how you will communicate as a family. For example, a family may set down rules to listen deeply, respect confidentiality and be honest. Those values help build a circle of trust that "gives children the space to share openly and freely with their parents," says director and catalyst of nowhere in South Africa, Janet Goldblatt. "Those rules of engagement need to happen before you even start the meeting to welcome and honour of everyone's place in the family."



Find your family purpose

Create a family vision together so that each member becomes an active, willing participant at the outset. All family members feel validated when they realise their purpose collectively and individually within the family. It gives children a sense of belonging and place as well as an understanding of their uniqueness.



Be your own guru

"Make the meeting and exercises work for your particular family," says Goldblatt. "Bring your own power and uniqueness as an individual, as a parent, as a child, to co-create your own exercises." By bringing the children in as co-creators of the meeting, you develop their self-worth and help build their capabilities.



Check-in with everyone

Check-ins set the tone for the meeting. Using a "feelings thermometer" exercise provides an instant check on every family member's overall mood. It allows children to express and share their feelings freely without holding back. The thermometer is a creative exercise where all family members express their feelings by choosing a picture that depicts their feelings. Photos should be selected by your family and used as a check-in tool. "Often children hold back their feelings in order to not upset a parent," says Goldblatt. "Encourage children to speak their truthful feelings so the meeting can be authentic, which creates open sharing."



Rotate leadership

To ensure all family members are active, willing and included participants, have each family member take charge of certain aspects of the meeting. For example, allow your children to choose the exercise for the meeting. Children like to be empowered, this also breaks down the hierarchy to have them lead and be involved."

Share your stories

Rather than giving advice, share personal experiences that may help a family member deal with a similar situation. "Tell the stories of when you were a child," says Goldblatt. When you were a child, you were like them. Storytelling helps break down barriers and creates a sense of belonging.



Lead with vulnerability

By being vulnerable, you give your children the opportunity to be vulnerable with you. "Sharing that we as parents have our challenges — we get upset, we cry, we're happy — and having a place once a week to express that creates a deep sense of connection," says Schwertner. "They get to see all sides of me, and by leading with that, I get to see all sides of them."

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