

THE EVERYDAY MONTESSORI *Baby*

SIMPLE WAYS TO SUPPORT
YOUR BABY FROM DAY ONE

FREE BONUS
PRINTABLES

BLACK & WHITE CARDS
DIY MOBILE TEMPLATES
18-MONTH PLANNER



0-18 MONTHS

YOUR FREE CHAPTER

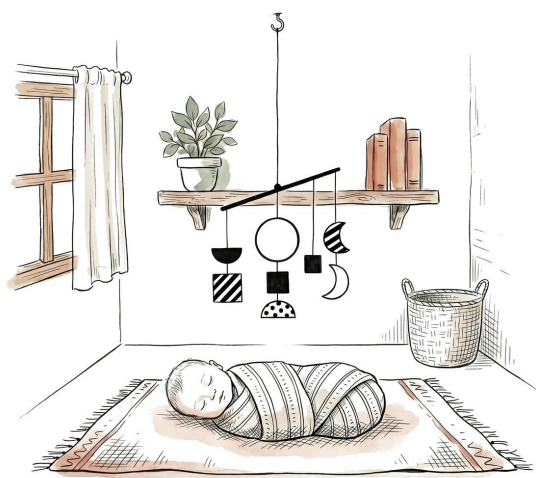
Welcome to *The First Weeks*

This is the first module of *The Everyday Montessori Baby*, a practical guide for parents of babies from birth to 18 months, lightly condensed.

It covers the first three months, with what your newborn is already working on, a sample day, a simple and safe space, five activities that cost nothing, and straight answers to the hard questions.

You don't need special equipment to start. A blanket on the floor and a few minutes of your attention are enough.

This chapter shares a parenting approach. It doesn't replace your pediatrician, your midwife or your own judgment. When something worries you about your baby's health, development or sleep safety, ask a professional.



0-3 MONTHS Landing	3-6 MONTHS Reaching out	6-9 MONTHS On the move	9-18 MONTHS Doing it myself
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0 – 3 MONTHS

MODULE ONE

The First Weeks

Landing Together

Your baby has just made the biggest journey of their life. These weeks are about arriving. Milestones can wait.

WHERE YOU ARE RIGHT NOW AS A PARENT

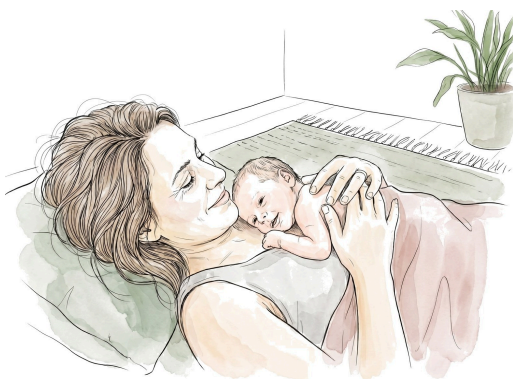
“I have no idea what I’m doing, and I’m terrified of getting it wrong.”

Almost every new parent feels this, and it says nothing about how good a parent you are. This module won’t ask you to feel sure of yourself. It asks you to show up and pay attention. For now, that’s enough.

Montessori’s answer to this period is gentleness and unhurried presence, with nothing to achieve. Their whole job right now is to get their bearings, to learn that the world is safe, that you’re reliable, and that their body makes sense.

Everything in this module serves that one goal.

The Period of Symbiosis



Montessori educators call the first six to eight weeks the **period of symbiosis**. Your baby and their main caregiver depend on each other so closely that they almost work as one unit.

Your baby needs your smell, your heartbeat, your voice and your warmth. They already know you, since they’ve been hearing your voice for months.

This isn’t the time to push independence. Floor time and activities are coming, and they rest on the safety you build now. You can’t spoil a newborn. Hold your baby, carry them in a wrap if it helps.

What Your Baby Is Already Working On

Newborns “don’t do anything”? In fact, this is some of the most intense learning of their life.

DEVELOPMENT SNAPSHOT · 0 TO 3 MONTHS	
<div>WHAT THEY SENSE</div> <ul style="list-style-type: none">• Your voice, recognized from birth• Faces best at 8 to 12 inches (20 to 30 cm), about the distance to yours during a feed• Your smell, especially your milk	<div>HOW THEY COMMUNICATE</div> <ul style="list-style-type: none">• Different cries for hunger, tiredness and overload• Looking away when they need a break• Going still and alert when something interests them• Coos and first smiles, from about six weeks
<div>WHAT THEY’RE BUILDING</div> <ul style="list-style-type: none">• Basic trust in the world• The foundations of language and face recognition• The ability to calm down, with your help• A map of their own body	<div>WHAT THEY NEED FROM YOU</div> <ul style="list-style-type: none">• Predictable responses to their signals• Slow handling, announced in words• Time to look at your face up close• Calm and quiet as much as stimulation

A ROUGH TIMELINE

WEEKS 1–2	<p>Getting oriented.</p> <p>Sleep takes 16 to 18 hours a day, and awake stretches are short. Follow their lead completely.</p>
WEEKS 3–4	<p>First social signals.</p> <p>Longer eye contact. The true social smile usually arrives around six to eight weeks.</p>
WEEKS 5–8	<p>Cooing and conversation.</p> <p>Your baby starts “answering” when you talk and can follow a slow-moving object with their eyes.</p>
WEEKS 9–12	<p>Discovering hands.</p> <p>Your baby studies their own hands with total focus. Let them make this discovery alone.</p>

A Day With Your Newborn

A newborn’s day has no fixed schedule, and it shouldn’t. Here’s one cycle with a six-week-old. It repeats, with variations, all day long.

SAMPLE RHYTHM · AROUND 6 WEEKS		
MOMENT	WHAT’S HAPPENING	YOUR MONTESSORI TOUCH
Waking	Your baby stirs, fusses a little or calls out.	Wait a few seconds. Say you’re coming, then lift them slowly.
Feed	Breast or bottle, often 20 to 40 minutes.	Put your phone away for part of it. Feeding time is face-to-face time.
Awake	10 to 30 minutes of calm alertness.	A few minutes on the mat under the mobile, a short “conversation,” tummy time on your chest.
Signs of tiredness	Looking away, yawning, jerky movements.	Lower the light and noise before the crying starts. Put them down on their back in their crib or bassinet.

Night

Feeds every 2 to 4 hours, depending on the baby.

Low lights, soft voices, no play. This is how your baby learns day from night.

Feeding frequency and awake time vary a lot from one baby, and one week, to the next.

Preparing Their Space

The Montessori newborn environment rests on one principle, **beauty and simplicity over quantity and stimulation**. Your baby's nervous system is brand new. It needs calm, order and one interesting thing at a time.

WHAT YOUR BABY ACTUALLY NEEDS

A movement mat on the floor

A firm, flat surface where your baby can lie and move freely while awake, like a folded blanket or a simple mat. All movement starts here.

A low mirror beside the mat

A shatterproof mirror placed horizontally along the mat. Your baby sees their own movements in it, which helps build a sense of their own body.

One simple mobile

Hung above the play mat, never over the crib, 8 to 12 inches (20 to 30 cm) from their face. One at a time is plenty.

A safe, unchanging sleep space

A crib or bassinet that meets current safety standards, in your room. The same place every time builds trust.

WHAT YOU CAN SAFELY SKIP

Bouncers and swings as the default

Fine for short breaks. Used all day, they replace the floor time your baby's body needs.

Several toys and mobiles at once

One well-chosen object beats ten scattered around.

Mittens in a warm room

Hands are one of your baby's main reference points. If the room is warm enough, leave their hands free.

SAFE SLEEP BASICS

- Always put your baby down on their back, for naps and at night.
- Use a firm, flat surface that isn't inclined, with a fitted sheet and nothing else. No pillow, no loose blanket, no bumper, no stuffed animal.
- For the first six months, the recommendation is in your room, on a separate surface, like a crib or bassinet near your bed.
- Never sleep with your baby on a couch or armchair. These are the most dangerous places of all.
- Avoid overheating and smoke exposure. A sleep sack is safer than a blanket.
- Swings, car seats and baby carriers aren't meant for sleep. If your baby falls asleep in one, move them to their bed as soon as you can.

Recommendations change and situations vary. Talk them through with your pediatrician.

Activities for 0–3 Months

In Montessori, a newborn “activity” is something your baby does themselves. You prepare the space, place them in it and step back.

1	Face-to-face conversation	FROM BIRTH
<p>Hold your baby close, about 8 to 12 inches from your face, or lean over them. Look them in the eye. Stick out your tongue, then wait and see what happens. Talk slowly, leave pauses and let them answer.</p> <p>This is the groundwork for language. If you only do one thing from this module, make it this.</p>		
<p>WHAT TO WATCH FOR</p> <p>Mouth movements, small sounds, the whole body going still. Each one is an answer.</p>		

2

Free movement on the mat

FROM THE FIRST WEEKS

Lay your baby on their back on a firm mat, lightly dressed so their arms and legs move freely. Sit nearby and watch. Every kick, every turn of the head is practice.

Start with five to ten minutes when they're calm and alert. Rolling, crawling and sitting all start here.

COMMON WORRY

"They look bored." A calm, alert newborn on their back is fully engaged.

3

The first visual mobiles

FROM ABOUT 3 WEEKS

Montessori uses a sequence of mobiles matched to your baby's developing vision. The first is the **Munari**, black and white geometric shapes with one clear sphere, moving slowly in the air. Around five to six weeks comes the **Octahedron**, three shiny shapes in primary colors that catch the light. The next ones are in Module 2.

Hang the mobile over the play mat, put your baby underneath and watch. Don't shake it or point at it. They'll find it.

NO MOBILE?

Black and white cards stood up beside the mat do a similar job in the first weeks. The book comes with 32 printable cards and mobile templates.

4

Tummy time, short and often

FROM THE FIRST DAYS

Put your baby on their tummy on your chest or on the mat, for short periods while they're awake and you're watching. It builds the neck and back strength they'll need to sit and crawl.

Early on, two or three minutes a few times a day is enough.

IF THEY HATE IT

Keep sessions shorter. Try on your chest, or with a rolled towel under their chest. A little every day adds up.

5

Care routines done slowly

FROM BIRTH

Diaper changes, baths, feeds and getting dressed aren't interruptions to your baby's development. In Montessori, they're at the center of it. Slow down and announce each step, and your baby learns that their body belongs to them and that the world is predictable.

TRY IT ON THE NEXT CHANGE

Say, "I'm going to change your diaper now. Can I lift your legs?" Then lift them slowly, watching their face.

OBSERVATION PROMPT

Pick one care routine today and do it at half your usual speed, announcing each step. Watch your baby's face the whole time. What changes when you slow down?

The Hard Questions

“My baby cries all the time and I can’t work out why. What am I doing wrong?”

Probably nothing. In the first weeks, crying is your baby’s only reliable way to communicate, and you’re both still learning the code. Check the basics, hunger, discomfort, tiredness or too much going on. Sometimes your baby just needs to be held. Crying often peaks around six weeks and then eases.

Call your pediatrician if the crying comes with a fever, refusal to feed, unusual drowsiness, or if it sounds different from usual. And if you feel close to breaking point, put your baby down safely in their crib, step out of the room for a few minutes and call someone. It happens to plenty of parents, and asking for help is the right move.

“I don’t feel the bond I expected. Is something wrong with me?”

Bonding doesn’t always arrive as a rush of love at birth. For many parents it builds slowly, over weeks or months. If you’re caring for your baby and responding to them, even on the hard days, bonding is happening.

If you feel persistently empty, anxious or sad, or if dark thoughts come up, **talk to your doctor or midwife soon**. Postpartum depression is common and it can be treated. You deserve support too.

DO THIS TODAY

Put your baby on the mat, on their back, for ten minutes. No bouncer, no arms, lightly dressed. Sit beside them and just watch.

That's it. You've done Montessori today.

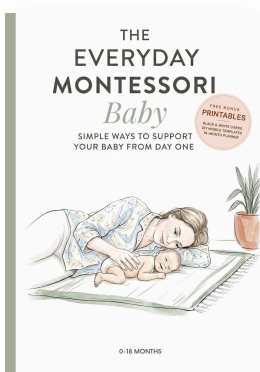
COMMON MISTAKE

"I put a toy in their hand while they were just looking at it."

When your baby is staring at something, they're concentrating. Put something in their hand and the discovery is over. Wait, and let them get there.

YOU'RE DOING FINE IF...

- ✓ Your baby cries and you try to respond, even when you don't know why
- ✓ You managed a few minutes on the mat today, even if it felt awkward
- ✓ You talked to your baby today, even just narrating the kitchen



KEEP READING

The rest of the first 18 months, one stage at a time

This chapter covers the first three months. The full book follows your baby all the way to 18 months.

- 7 Montessori myths that keep parents stuck
- 3 to 6 months, 6 to 9 months and 9 to 18 months, each with a sample day, activities and straight answers
- Preparing your home room by room, the floor bed done safely, and a starter kit by age
- Your inner work as a parent, and the questions other books avoid
- Printables to download, with high-contrast cards, DIY mobile templates and an 18-month planner

SEE THE BOOK →

FREE GUIDES & PRINTABLES →

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