

MONTESSORI FOR REAL LIFE · FREE BONUS

The What-to-Say *Poster*

The phrases from the book on one page for the fridge, plus the five-step tantrum guide, a three-day tracker and a family limits sheet.

A companion to **The Everyday Montessori Toddler**, 18 months to 3 years.
Print, pin up, and keep the words within reach.



Instead of this, *try this*

*Stop crying.
You're fine.*

You're really upset.
I can see that.

*Why are you being
so difficult?*

This is really hard.
I'm right here.

We'll see.

No, not today.

Good job!

You did it. You turned
it until it fit.

Tidy your room.

Can you put the books
in the basket?

*If you don't come
now, we're leaving
forever.*

Two more slides,
then we go.



Instead of this, *try this*

INSTEAD OF THIS	TRY THIS
<i>How many times do I have to tell you not to hit?</i>	Hitting hurts. I'm going to hold your hands.
<i>Do you want to put your shoes on? (when it's not optional)</i>	It's time for shoes. Red ones or blue ones?
<i>If you don't come now, we're never coming back.</i>	Two more slides, then we go. (Then go.)
<i>Why are you being so difficult?</i>	This is really hard. I'm right here.
<i>Stop crying. You're fine.</i>	You're really upset. I can see that.
<i>Fine, one more cookie, but that's it.</i>	No more cookies tonight. I know you're disappointed.
<i>We'll see. (when the answer is no)</i>	No, not today.
<i>Good job!</i>	You did it. You turned it until it fit.
<i>No, say "I went," not "me went."</i>	Yes, you went to the store!
<i>Tidy your room.</i>	Can you put the books in the basket?

REMEMBER

Say it once, kindly. Then act, instead of repeating yourself. Name the feeling, keep the limit.

Five simple steps

1

Safety first. Move things, or move them.

2

Get low, stay close. No phone, no sighing.

3

Name the feeling, once. Then stop talking.

4

Wait. It passes. It always does.

5

Comfort, then move on. No lecture.

THE FOUR BIG TRIGGERS

- **Hunger and tiredness.** Snack before the errand, protect the nap.
- **Transitions.** A warning at five minutes and at two, then go.
- **Losing control.** Two real choices whenever you can.
- **Too much going on.** Leave before the peak, not after.

WHEN TO CALL YOUR PEDIATRICIAN

If tantrums regularly last longer than about 25 minutes, happen many times a day, involve your child hurting themselves or others, or seem to be getting worse as they approach 3 to 4.

Find the pattern

Three days are usually enough. Look for times of day, hunger, tiredness and transitions.

Day 1

TIME	WHAT CAME JUST BEFORE	HUNGRY? TIRED?	WHAT HELPED

Day 2

TIME	WHAT CAME JUST BEFORE	HUNGRY? TIRED?	WHAT HELPED

Day 3

TIME	WHAT CAME JUST BEFORE	HUNGRY? TIRED?	WHAT HELPED

One trigger I can head off tomorrow _____

Decided calmly, *ahead of time*

Three to five is plenty. Agree on them with everyone who cares for your child, and write down the exact words, so everyone says the same thing.

THE LIMIT	THE WORDS WE USE

EXAMPLE

The limit is that we sit down to eat. **The words** are "Food stays at the table. You can get down when you're done."