

# Raising Happy Kids

INTRODUCTION  
TO  
RAISING HAPPY KIDS

CHILD GUIDE COURSE



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CHILD GUIDE COURSE  
INTRODUCTION

- ❑ What is Raising Happy Kids?
- ❑ A little about Montessori
- ❑ Course overview
- ❑ Course Expectations
- ❑ Ongoing Supervision



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## WHAT IS RAISING HAPPY KIDS?

- Initiative of the Montessori Children's Foundation (**MCF**).
- The Montessori Children's Foundation strives
 

"To enhance the dignity and quality of life for Indigenous children by inspiring families to provide a rich and trusted environment that fosters independence, self-reliance and a love of learning and exploring."
- MCF has a history providing support to communities in the Cape and in the TSI.

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## YUMI HAUS WALKTHROUGH

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## WHAT IS RAISING HAPPY KIDS?

### Our Vision

"Raising Happy Kids coaches members of QLD communities to facilitate the *Raising Happy Kids* Parenting program. This training supports students to provide a safe, harmonious, inclusive environment for young children that fosters independence and a love of learning, underpinned by the Montessori philosophy. Students will also learn to facilitate a guided parenting circle that empowers parents with practical tools for raising happy, confident children."

- A Montessori Playgroup
- A reflective Parenting Circle

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## WHY A MONTESSORI PLAYGROUP?

*The first Montessori School was started by Dr Maria Montessori in 1907.*

### We believe a playgroup setting offers:

- Connection with other caregivers
- A well-prepared learning environment for children between 0 – 5 years
- Educators dedicated to the healthy development of young children
- The flexibility of space and time

### Raising Happy Kids Playgroups can be run:

- Under a tree
- In a fully setup environment in a dedicated location
- At home



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## BENEFITS OF A MONTESSORI PLAYGROUP

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## BENEFITS OF 'RAISING HAPPY KIDS?'



### Child Guides

- Knowledge of childhood development can be empowering
- Guides develop the capacity to support family and community members with young children.
- Help is available to run a RHK playgroup
  - Funding
  - Equipment
  - Support

### Parents

- Understanding childhood development empowers parents to better understand and support their children
- Positive relationships between parent and child promotes wellbeing

### Children

- More understanding of childhood development by parents leads to better life outcomes for children
- Children are respected and encouraged to be independent which leads to confidence and resilience as they grow.

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## WHAT IS MONTESSORI?

- Montessori is a teaching and learning approach which supports the **full development** of the human being.
- The Montessori approach to education **inspires children** towards a **lifelong love of learning**, by following their natural developmental trajectory.
- Some principles underlying the Montessori philosophy are - **order, freedom with limits, following the child, supporting independence, having faith that the child will reveal themselves.**
- Children in Montessori environments generally become **confident, responsible, independent** learners, who **trust** in their own abilities.



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## PREPARED ADULT

In this course, you will be preparing yourself to be with children in a RHK playgroup.

### Your preparation consists of:

- Considering the development milestones of young children
- Learning and practicing to observe children
- Learning ways to prepare an environment suitable for young children
- Considering the manner in which you approach young children and present lessons in the playgroup.
- A willingness to support each child's independence using specific principles




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## PREPARED ENVIRONMENT

### A prepared environment is:

- Arranged with young children in mind
  - their capacity (crawling, walking)
  - their height (furniture)
  - their dexterity (activities)
  - their need for movement (outside space, climbing frame)
- Ordered:
  - Organised into specific domains of development
  - Aesthetically pleasing
  - Neat and clean
- Relevant
  - Culturally appropriate
  - Meeting the children's needs
  - Material rotated as needed




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## COURSE OVERVIEW

### Raising Happy Kids

- Session 1:** Introduction
- Session 2:** The Child's Special Mind
- Session 3:** How to Observe
- Session 4:** Supporting Social and Emotional Development
- Session 5:** Movement and Wellbeing
- Session 6:** Communication and Language Development
- Session 7:** The Environment for Babies
- Session 8:** The Environment for Toddlers
- Session 9:** The Environment for Young Children
- Session 10:** Supporting the path to independence

### Format of Each Session

1. Prepare Handouts
2. Prepare Study Notes
3. Watch Presentation
4. Complete Tasks
  - a. Watch Videos for Observation
  - b. Complete Written task and upload
5. Ask for help!

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### FAQ

- **How long does the course take?**
  - 5 days, approx 4- 6 hours per day
  - All tasks occur in your own time
- **What support will we have during the training?**
  - Whatsapp support
  - Face-to-face support, lesson practice and observation practice wherever possible
- **What happens at the end of training?**
  - A certificate of completion is issued
  - You receive a login for the training portal
  - Keep all manuals and training materials
- **What happens after the training?**
  - Up to you - we hope you start a playgroup!
- **What support will we have in the future?**
  - Initial playgroup setup support
  - Whatsapp support from your trainer and fellow course members
  - Weekly web conference

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### COURSE EXPECTATIONS

- **Complete Sessions in order**
  - Child Guide Course is designed to be taken in order
- **Complete Tasks before commencing a new session**
  - Each tasks is designed to help you understand the intention behind the theory.
  - Watch videos as suggested
- **Ask for help**
  - If literacy or understanding is difficult, please contact your trainer for help.
  - Use the course Whatsapp group

### PREPARATION

- Prepare a folder with:
  - Manual
  - Handouts
  - Study notes
- Check you have gone through the materials for the next session
- Ask your facilitator for assistance if you are stuck

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### STARTING A PLAYGROUP

- It is scary but also, a lot of fun!
- MCF provides you initial training, manuals, weekly online meetings (or face-to-face) and a Whatsapp support group
- At the end of the course, you will receive a list of tasks to get you started.



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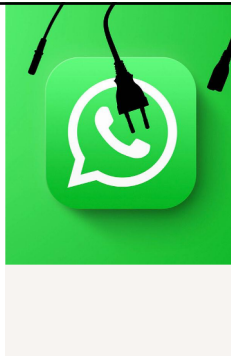
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## ONGOING SUPERVISION

- A weekly meeting will be available with your trainer most weeks of the year
- This time will be organised to suit the group of Educators attending
- Use your course group's Whatsapp group to:
  - ask questions
  - express any fears or doubts - we are here to support you.
  - offer suggestions



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## TASKS

1. Watch videos about Montessori Philosophy
2. Watch discussion with other Raising Happy Kids educators
3. Orientate yourself with the RHK course
4. Organise your folder with printouts, manuals, study notes and note paper
5. Prepare any questions and start using WhatsApp!



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