

Guidelines for Lower Elementary Family and Social Life

INTRODUCTION

Let's have fun! Have age appropriate fun at home with the family and out and about! Let's keep our Elementary Homework document handy as a rich resource.

As our school has developed to encompass three of the four planes (stages) of development, we have come to a fuller understanding the characteristics and needs of children at various stages. We have become increasingly aware that the parents are the major partners in providing for the children's needs for preserving the characteristics of childhood upon which Montessori education is based. Our work at school is based on the child's development both at home and at school.

We have also become increasingly sensitive to the confusion and frustration of parents who feel that they are all alone in trying to support an age appropriate family and social life for their children. It is important, the older, and therefore the more social, the children become, that we make this a community effort. It is our intention to work with families to develop a varied community that shares a commitment to preserving a long, slow childhood and an understanding of the customs of family and social life it requires.

When parents are caught unprepared and unintentionally set significantly different standards for their social life, this puts pressure on all the other families in the community to follow suit, especially when these standards are in line with popular culture. We want to support our families in maintaining a developmentally appropriate family life and age-appropriate social lives for their children in the lower elementary years.

There is so much to do, so much fun to be had, and so little time to do it all! Read the Lower Elementary Homework document for a plethora of ideas.

A. TELEPHONE

Children in lower elementary need to form the habit of down time after school. These are not the years for developing habits of spending time on the telephone. Reading, writing stories and poems, drawing, gardening, cooking, sewing, crafts, climbing trees, riding bikes, building clubhouses, and keeping a diary will fill the time when children aren't on the telephone.

To preserve family life and free the members' activities and experiences from interruption, telephone calls could be answered by an answering device or service or screened by caller ID. As a general practice, parents could screen their own calls and return them later instead of answering them on the spot. In this way, parents model for the children their value of uninterrupted family life.

On the occasion that the six to nine year-old calls a friend, telephone manners are important.

This is the age for a child to practice refinements in making telephone calls to the pet store, a restaurant, a craft store, friends and relatives, etc. Role-play the details until refinement is reached and the child can make the call.

1. When placing a call, the caller should always identify him/herself before being asked to do so. If a child caller doesn't identify him/herself, the person answering the phone asks, "Who is calling, please?" Repeated role-play is the key.
2. Consideration of others should govern the use of the telephone. Calling friends as a group is not an experience for this age. Using the phone as a toy or entertainment can quickly slip into rudeness and is inappropriate for children.
3. Children who call your home should be expected to do so with consideration and good manners. When this is not the case, parents should respectfully remind the caller of appropriate telephone behavior. When the response is not polite, parents of the caller should be calmly and respectfully contacted and informed. Children in our community deserve the support of all the parents.
4. Children in lower elementary should use the telephone in their parents' presence, not in the other room. They need their parents' guidance to learn good manners and form good habits. This is important later as the child enters teen years.
5. Personal cell phones are not appropriate for lower elementary children. A family cell phone can be kept in a basket in the kitchen for any special and rare circumstances. This cell phone should never go to the child's room nor should any telephone be used there.

B. MOVIES AND TV

Movies and TV are not recommended as a regular expectation for children at this age. At the age of six, as children enter the next plane of development, we recommend no more than one hour total of TV/movies each week.

Movies and TV at home

All movies should be watched together by children and their parents. A certain few **PG** movies may be appropriate for elementary children of this age, but **PG-13**-rated movies are not for lower elementary children in this Montessori community. If for some specific and special reason a special movie is under consideration, the parent watches the movie first without the child present and then decides which parts of it are appropriate for the child to see with the parent later.

Perhaps the child has just finished reading *The Secret Garden* and the parent and child will now watch the movie together. Perhaps the child has just attended the ballet *Cinderella* and the parent and child will now watch the video of the production by a

ballet company. Perhaps the child has just completed a lengthy report on birds and the parent and child will now watch Winged Migration together.

Movies and TV at sleepovers and other visits away from home

Always make clear to the parents whose home your child is visiting that you expect to be informed in advance if the children will be watching TV or a movie. It is up to the parent to insist that if their child is allowed to view movies or TV at all, that the child sees only movies the parent approves and only for the amount of time agreed upon in advance. Carefully screen and monitor all media before allowing it to enter the child's life. Another parent's judgment is often a poor substitute for your own. Parents have different levels of awareness and mindfulness, self discipline and attention.

Asking children in the company of their friends whether their parents would allow them to see a certain movie is unkind and unwise. Of course they will wish to go along with the others and may say what others want to hear.

Movies at a theater

- Take care in not forming an expectation of going to the movies on a regular basis during the lower elementary years. There may not be even one movie worth seeing during any given period. Keep in mind that the child's esthetic sensibilities are being formed by experience. Before taking a child to a movie, parents should consult a movie screening website, such as the ones listed below, which provide detailed movie reviews (including specifics on any inappropriate subject matter): www.screenit.com/movies and www.familystyle.com.
- Elementary children should never be left alone at a theater under any circumstances, even if the parent is at the next screen. Parents who take children to see movies at the theater must be prepared to watch the same G or PG movie as their children, in order to be prepared to discuss the values reflected. Other parents' company is not the same as your own. For more information on school policy regarding television and movies, please refer to "Homework in the Lower elementary" and to the articles on television in the "Writings" section of the school handbook.

C. VIDEO GAMES

- Life's too short! There's too much other fun to be had! Take a hike, go rock climbing, take an art class, a cooking class, or work in the garden.
- Video games should never be introduced into the life of any child in this Montessori community at any time on any level. Video games are addictive, difficult to manage, and nearly impossible to eliminate once introduced into the child's life. This includes handheld/ portable video games such as Game Boy. A portable chess set has served a fine substitute for electronic games in many Montessori families.

- There is a plethora of information available in print concerning video games and their negative effects on children.

D. COMPUTER AND INTERNET USE

- All screen -- computer, game, video, and TV-- should be kept in the family room of the home where adults are always present.
- Internet use is not appropriate for lower elementary age children. This is the time for them to acquire and perfect research skills. It's best for parents to use the Internet while the child is at school or asleep in bed.
- A couple of sets of encyclopedias, World Book and one other, should be available for the child's use at home.

The child's development of the skills needed to use three-dimensional books in the sensorial three-dimensional world for research and pleasure can be prevented, interrupted, or interfered with by use of the Internet. Take your child to the library. Encourage your child to use varieties of paper, pencils, scissors, art supplies, crafts, and many, many books. Show your child how to trace a map with tracing paper, draw a grid upon it, draw a larger scale grid upon a larger piece of paper, and enlarge the map. Show your child how to do the same for illustrations and drawings. Provide your child with books on how to draw and practice drawing with him/her.

Middle school or the end of upper elementary is the time to introduce the child to research online.

The Internet allows immediate and unrestricted access to sites on the World Wide Web containing graphic sexual content, profanity, racist and other "hate" materials, and violence. These sites can be accessed easily, and even unintentionally, through legitimate use of search engines. If a child needs information on an unusual topic for a report, the child asks one parent and the parent finds the information at a time when the child is not present.

E. PARTIES

Parties of various kinds can be a great deal of fun for elementary children. If properly planned and chaperoned, they can be part of the children's important work of experiencing appropriate social interactions in different situations. If not properly planned or chaperoned, they can be the source of great harm to the children and a detrimental influence on the classroom community. Activities should be age-appropriate and in keeping with the school culture.

Chaperoning a Lower Elementary Party

- All parties should be for only the number of children that a chaperone can manage and still maintain an atmosphere of stability and joyful celebration. One suggestion is that the party be for no more children than the age of the child --for 7 year-olds, seven children or fewer. They should be well-chaperoned to

safeguard the children emotionally as well as physically. A hyper or manic atmosphere is unhealthy for children (and adults).

- Adults should be fully present and fully mindful. Adults who are too reticent or uncomfortable about setting limits should not host children's parties at their houses. Chaperones support the children to solve their own problems independently using appropriate skills.
- Parents should not allow their children to go to houses where the parents are uncomfortable setting and maintaining limits, or where they are easily distracted or unable to win the respect and trust of children.
- Parties should be carefully planned with sufficient age-appropriate activities in keeping with the school culture to fill the time and a sufficient number of adults on hand to supervise. The parents of the host or hostess should plan to be home and fully attentive the entire time, to supervise the party properly.
- Chaperones should be in immediate proximity to the children's space and should circulate among them regularly. They should always be within full hearing/seeing distance in order to guide the children to be independent in solving problems.
- Good chaperones are bold, fun, comfortable, and firm.
- If there is a problem with a guest, chaperones should feel free to respectfully and firmly instruct the child. If a child is not able to hear and follow such instruction, the chaperone should respectfully contact his or her parents.
- Refreshments should be healthy and served in limited amounts. Overeating and heavy sugar intake sets habits of body and mind that may lead to abuse of food or drink later. Habits of healthy or unhealthy forms of celebration are set early in life.

Invitations

- Written or oral invitations may NOT be extended at school. A host or hostess should invite guests by telephone or through an invitation mailed to the home.
- Encourage your child's good manners by having him/her reply to invitations by mail or by telephone, not at school.
- Parents of invited guests should be informed of all party details, including time and place. Parents should phone the host parents for omitted or additional details concerning the planned activities and refreshments.

F. SLEEPOVERS

- Sleepovers are not necessary at the lower elementary level nor do they add significant value to the child's life. Go slowly during early el. It's much easier to speed up than to slow down, to go forward than to pull back. Sleepovers should be few and far between. Beginning-cycle children *may* eventually have one sleepover by the end of their first year. Not all children are comfortable sleeping away from home at this age, but may enjoy daytime play dates. Mid-cycle children who are comfortable sleeping away from home may have a few sleepovers during the year. This number may increase slightly for the end-of-cycle children. We wish to emphasize that sleepovers are not an element of the child's life to be given special value or undue encouragement. Preparation for campouts can begin slowly and progress over the three years.

- Solitary time is important, as is family time. We wish to emphasize that sleepovers are not an element of the child's life to be given special value or undue encouragement, beyond those necessary for comfort in the school campouts.
- Bedtime should never be more than an hour later than the regular bedtime. Children of this age, with very few exceptions, need 9-11 hours of sleep each night. Lack of sleep creates chaos in the child's body and mind; it should not take the child an entire weekend or more to recover from a slumber party. Sleep researchers have found that it takes several days of extra sleep to recover mentally and physically from the "sleep debt" created by one night of insufficient sleep. Tying with a child's sleep clock should not be done lightly.

Slumber parties are more appropriate for the upper elementary years.

G. TRANSPORTATION

- This should be arranged in advance. Under no circumstance should a young person be left to find a ride home. Host parents should remain visible and keep the children in sight at all times, until they are safely in their parents' vehicles.
- If someone other than a parent is driving a child other than their own (i.e. a babysitter or older sibling), parents need to be notified for consent in advance.
- When parents come to retrieve their children at the designated time, the host parent should actually see the child off. Therefore, the parent picking the child up either comes into the house to speak to the host parent, or the host parent walks the child to his/her parent's vehicle.
- Parents or another responsible adult should always be at home when another parent returns their child
- Because late-model vehicles are equipped with passenger-side airbags, and those airbags have proven to be dangerous to children, children should not be allowed to ride in the front seat of these vehicles. Parents should discuss this situation with their children and with other parents with whom their children will be riding. This way, children feel comfortable informing drivers about their rules.

H. MUSIC

Lower elementary children should have frequent access to a wide variety of musical genres, periods, and artists – not only to what the music industry is currently selling and the mass media are programming. It is of vital importance that parents be aware of what their children are listening to, just as they are aware of the TV and movies they are watching. No child is enriched by crude disrespectful, or violent messages, or by harshly raucous music.

Groups and artists available to Elementary children should be those who project a wholesome image and produce music that aids the development of pro-social attitudes. Lyrics should be age-appropriate – which excludes much pop music about love affairs, adult or teenage sexuality, consumerist values, suicide and other morbid themes, etc. Parents should review CDs before their children listen to them, just as they would preview a video before showing it to the children. When children are exposed to

inappropriate lyrics in public places or on the radio, it is important to discuss them with the children, always encouraging critical thinking and clear understanding of values.

I. ROCK CONCERTS

Rock concerts are not appropriate for Elementary children in our school community.

J. BOOKS

Plan to read aloud to your child all the way through early adolescence. Read to your child at a level three years above your child's reading level.

Read or carefully review the books on the child's reading level for reading alone before giving them to your child. Be ready to comment on the hierarchy of values represented. Call attention to flawed philosophies of life such as might-makes-right, a domination system is acceptable, winning is everything and winner takes all, rankism is taken for granted, accumulation of wealth is a worthy life goal, vengeance is needed. Look for themes of collaboration, truth and reconciliation, serving the common good, non-violent activism, being and serving over getting and having, compassion and forgiveness, and courageous confrontation. Children can understand that history is full of mistakes that we are overcoming. Glorifying in mistakes of the past plants seeds for the future. This, of course, is a challenge for all of us, but keeping it in mind and discussing it with our children helps them and us develop and maintain the clarity of our mission.

K. TOYS and GAMES

Same as above. Review for values. Give guidance.

L. MALLS

There are many better places to go. So much fun to be had! Wait for adolescence to begin the mall experience. Get as much shopping done as possible while the children are at school. Keep *doing and being* elevated and valued over *buying and having* in the children's lives.

Children this age should not go to shopping malls with other children and their parents. Parents should stay right with their children wherever they go any time they are in a mall – walking with them, having lunch with them in view, going to the restroom with them, etc.

Accustom the children as much as possible to buying and eating in local private owned places rather than chains.

M. MISCELLANEOUS ACTIVITIES

- **Unattended Visitors**

If your child has a visitor, please notify the visitor's parents and get their approval if you plan to be gone for even a very short period of time. Many parents do not approve of their children being left unattended or with hired help or an older sibling. It is very important that children not be left alone.

- **Bicycles, Roller Blades, Skate Boards, Trampolines**

Many families do not allow unsupervised, unrestricted bicycle riding, rollerblading, skate boarding, or jumping on trampolines. Please call visiting children's parents to determine any limitations, including helmets and other safety gear. Riding and walking after dark is dangerous and should be discouraged.

- **Guns**

Always ask whether guns are kept in a home where your child will be visiting. If so, make sure the guns will be locked up and the key will not be available to the children. Your children should know that guns are very dangerous and that an adult should be notified if a gun is found to be accessible.

N. PUBLIC SAFETY RULES

Parents should instruct their children about proper behavior in public places. Carefully and frequently role-play options in the event things get out of hand. If children are taken unexpectedly and unannounced by other parents to places you have not approved, they should know to speak up and ask for you to be called right away. This will take repeated practice with you at home.

They should say, "I feel uncomfortable and I'd like to speak to my mother or father privately. Please let me call them right now."

Children should familiarize themselves with the following guidelines so that they will know when things are off course:

1. Never go alone to public places unaccompanied by a mindful, responsible, strong adult who knows how to say "no" when necessary.
 - a. Do not go off alone or get separated at a mall or shopping area.
 - b. Do not go off alone or get separated in a movie theater.
 - c. Do not go to a public restroom without an adult.
 - d. Stay with your friends at all times in public places and in sight of your accompanying adult at all times.
2. Be cautious of all strangers.
3. If you find yourself separated from the accompanying adult, tell a clerk immediately.
4. Help adults, when they have a designated time and place to pick up or deliver children, to be there on time.
5. Be wary of anyone trying to dare you into picking up an item and not paying for it. The consequences of shoplifting are serious.

6. Express your concerns about disturbing, dangerous, or unsafe behavior to your parents, guides, or other adults.

7. Practice good judgment: do not let anyone pressure you into doing something you know or suspect is not right! Tell your mom or dad as soon as possible.

SUMMARY

The leadership of the school administration, the presentations of the guides, the support of the staff, and the work of the children in the classroom are all dedicated to upholding the values reflected in these guidelines. Children need to feel the concordance of their family and social life with their school community for their best emotional and social development.

We ask that parents help us in this difficult mission by taking utmost care with the influences on their children during these especially violent times. Help us protect our children from literature and the media that can easily overwhelm them with vicarious violent experiences, deadening their sensibilities and addicting them to violence as entertainment and as the inevitable solution to human problems. We ask parents to join us in keeping hope alive for our children now and for their future.