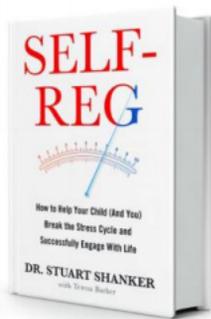




## **RECOMMENDED READING RESOURCES FOR PARENTS**

Becoming well informed about Montessori education is a very important way for parents to support their child's educational journey. MSK strives to provide a variety of resources for parents to help them learn & come to understand the philosophy & pedagogy of Montessori education.

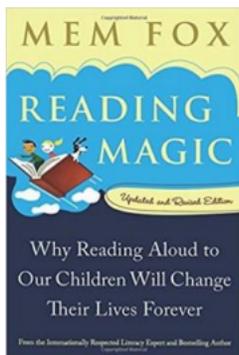
Here are some recommended reads/websites for you. There is also a wellstocked Parent Lending Library at MSK from which you can borrow Montessori books. Speak to your child's teacher if you are interested in seeing the booklist or borrowing one. S



### **Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life.**

**By: Dr. Stuart Shanker**

In *Self-Reg*, Dr. Shanker helps us begin to recognize, not just when our child is becoming dysregulated, but what to do about it: the process that will enable us to experience that calmly focused state where learning and growth can occur. Learning *Self-Reg* has an unexpected benefit for us parents. As we come to understand our own hidden stressors and how those impact our brains and bodies, we find science that answers many questions and invites us to have a new gentler lens on ourselves as parents.



### **Reading Magic: Why Reading Aloud to Our Children Will Change Their Lives Forever**

**By: Mem Fox**

Bestselling author and literacy expert Mem Fox reveals the incredible emotional and intellectual impact reading aloud to children has on their ability to learn to read. All parents want and expect their children to learn to read, but few realize they can get their kids on the road to reading long before they start school simply by reading aloud to them every day. With passion and humor, acclaimed author and internationally respected literacy expert Mem Fox tells readers how she herself became aware of the astonishing effects that reading aloud and bonding through books have on very young children.



She speaks of when, where, and why to read aloud and demonstrates how to read aloud to best effect and how to get the most out of a read-aloud session. She walks readers through the three secrets of reading which together make reading possible. She gives guidance on defining, choosing, and finding good books and closes with tips on dealing effectively with the challenges that sometimes arise when children are learning to read.

Filled with practical advice, activities, and inspiring true read-aloud miracles, this book is a must for every parent-and for anyone interested in how children learn to read.

### **Helpful Websites**

<http://montessoriguide.org/>

This website contains many useful short videos on learning about various aspects of the Montessori philosophy and methodology.

<http://www.wsmontessori.org/video/trevor-eissler-montessori-madness>

Trevor Eissler is the author of the well-known book: Montessori Madness. He is a Montessori parent and wrote this book for parents to help them understand the Montessori system of education. He has a number of videos that break down various components of Montessori in a creative, visual way.

<http://marenschmidt.com/newsletters/>

Maren Schmidt is a certified Montessori teacher with the Association Montessori Internationale (AMI) and holds a Master's in Education from Loyola College in Maryland, as well as a BA from the University of Arkansas at Little Rock in Interpersonal and Organizational Communications. Maren founded a Montessori school and has over thirty years' experience working with children.

There is also an extensive list of resources listed under the Resources link on the MSK Home Page. Be sure to visit it as well. Recommended Reads & websites will be updated regularly throughout the year so be sure to keep checking.