



Daily Worksheets

**Transform Meltdowns into
Moments of Connection**



DAY 3

 **Guide
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Lucie Brixi Jamášová

Lucie is a mother of three (+two) and a passionate children's advocate. Through her NGO, Centrum Dialog, she provides education to underprivileged children in Kenya and Guinea. Lucie is the founder of the Childhood Potential Conference, Childhood Potential club, and the Montessori Parenting platform. She also leads the Guide & Grow brand and a vibrant online community of over 370,000 members, offering support to parents and educators worldwide. Committed to spreading Montessori principles, Lucie connects families with leading experts to create a brighter future for children globally.



Sylvia Arotin

Sylvia is an award-winning international speaker and trainer in early childhood education, with over 14 years of experience in Montessori teaching. She is the founder and director of My Montessori school (0-6 years) in Sydney, Australia. Sylvia's deep passion for children's learning, alongside her commitment to supporting parents and educators, inspired her to create the Guide & Grow brand. She holds Montessori 0-6 training, an International Communications degree, and a Masters in Teaching specializing in Early Childhood (Honours).

Challenge Day 3: Building Independence to Ease Conflict

Today's focus is on fostering independence as a way to reduce daily power struggles. When children feel empowered to make choices and take on responsibilities, they're less likely to resist or push back. This worksheet will help you identify ways to support your child's growing independence through small adjustments in your environment, decision-making practice, and mindful observation.

Step 1: Reflect on Opportunities for Independence

Let's start by thinking about those moments in your daily routine where power struggles often arise. These moments often highlight areas where children could benefit from more independence.

1. What are two or three situations where you often experience power struggles with your child? *Example: Getting dressed, mealtime, cleaning up toys.*

2. How might giving your child more control in these situations help ease the tension? *Example: Allowing them to choose their own clothes might make dressing easier.*

Step 2: Create a Supportive Environment

One of the keys to fostering independence is creating an environment that allows your child to do things on their own. Look around your home and identify two small adjustments you could make to support your child's independence.

Environmental Changes to Try:

- Adjustment 1 :
- Adjustment 2:

Step 3: Decision-Making Practice

Children gain confidence and a sense of control when they're allowed to make small decisions and complete tasks independently. Below, write down two tasks that you typically assist with, but could begin letting your child try on their own.


Tasks to Encourage Independence:

- Task 1 :
- Task 2 :

Step 4: Observing

Once you've given your child a bit more independence in one area today, take a few moments to observe any changes. Did they seem more confident or engaged? Was there less resistance or frustration? Use the space below to reflect on what worked well and what might need further adjustment.

Observations and Adjustments

- Today's Observation :
 - Possible Next Step for Tomorrow :
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Final Reflection

Independence is a journey, and it's about finding the right balance between support and letting go. Write down one area where you'd like to continue encouraging your child's independence. How do you think this change will impact your relationship and reduce daily struggles?

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Thank you

for being with us for the Challenge!



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