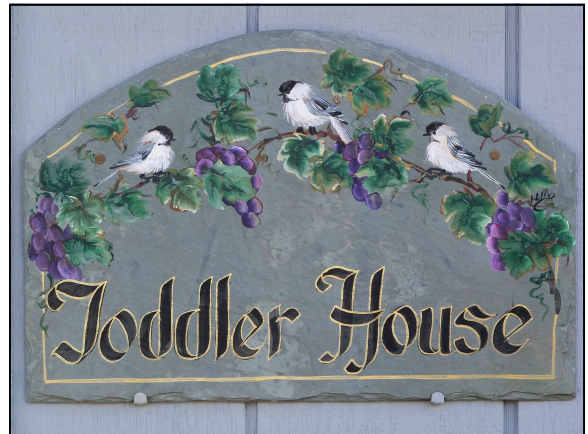


New Toddler House now open at Riverwoods Montessori School.

The new custom designed Toddler House at the Riverwoods Montessori School opened its doors this fall with classes for parents and younger children, as well as independent toddlers and two to three year olds. In conjunction with the opening, Loretto Wille, International Montessori consultant, teacher trainer and master teacher, visited with parents and shared some insights about the Parent/Child class that she is guiding. Community members are welcome to see what the excitement is all about during open houses, or by scheduling a personal tour with Arlene Gordon, Director of Admissions.

For more information call Arlene Gordon at (847) 945-8661



Some of the classes that are offered at the Riverwoods Montessori Toddler House include:

Parent/Child - This program is for parents (or another significant adult) and their child under the age of three. We are privileged to have Loretto Wille, Montessori Master teacher, teacher trainer and international consultant guiding the parent/child class in our custom designed toddler house this year! Children will be encouraged in "hands on" experiences, leading to increased independence and confidence. Alternating between observing and assisting the child when help is needed, the adults will follow the child through the daily routine of individual choice with the Montessori materials (including some Spanish activities), music and movement with the group, and community snack time to conclude the morning's activities. The children will be the focus of our observation as they work and play in a specially designed Montessori environment with their parent and our Montessori Directress. Adults will have the opportunity to live and learn about development and Montessori philosophy with their children in a fun, social environment. The "Montessori Talks with Parents" series will be the curriculum study guides used for this class.

Toddler/Twos and 2-3yr old class – These classes offer a full Montessori experience for toddlers and two to three year olds who are ready for an independent class. Children have the opportunity to socialize and discover more about the world within a specially designed Montessori environment (both indoors and outside on the spacious, beautiful natural land). During these crucial early years when development is dynamic, the Montessori experience helps each child realize his/her full potential.

Parent/Child dance – This class is designed for parents and toddlers to move to the rhythms of many different types of music. Dance specialist April Epstein will lead you and your child in a very active dance class while you enjoy freedom of movement and moving to the music. This is a great way for children to be introduced to dance and a great opportunity for parents to exercise.

Parent/Infant yoga -This class is a wonderful opportunity for Moms to bond with their baby while learning restorative yoga postures for proper alignment and strengthening the spine. Yes, this is a class for you and your baby (who is not walking yet) to perform yoga together! Achieve harmony and tranquility side by side as you do a variety of poses such as: happy baby, child's pose, caterpillar, the swan and the dragonfly. By opening up the channels within your body and allowing the Chi to flow freely this class will nourish the bond between you and your baby.

Parent yoga - The first rule of parenting is to take care of yourself. This beginning Yin yoga class is designed for the new student or anyone who would like to gain the physical and mental benefits of working with basic yoga stretches, postures, breathing and deep relaxation techniques. YIN yoga emphasizes holding poses for longer periods of time targeting the connective tissues such as ligaments, bones and even the joints of the hips, pelvis and lower spine. Yoga practice increases flexibility, decreases stress, improves sleep, and creates a general feeling of well-being.