

# IF YOUR CHILD IS UNDER 40 MONTHS...

The Waldorf Curriculum Preschool Package considers the Preschool years to begin when your child reaches 40 months of age.

At this time, our lesson plan pages are made up of the following subjects:

- ❑ Music & Movement
- ❑ Art
- ❑ Nature
- ❑ Cooking
- ❑ Play
- ❑ Handwork
- ❑ Helping
- ❑ Stories

Beginning from birth, these elements of our curriculum may slowly be introduced to your child. As he reaches each new age and the accompanying mental and physical developmental landmarks, a new element can be introduced. By the time your child turns three, he will be used to exploring the world in these ways. Around the age of 3 ½, he will begin to process information in a new way, to connect ideas learned in different ways together and to see that they are all part of the same concept. The ability to make these connections and to draw conclusions means that your child become increasingly interested in learning about a theme. He enjoys learning new information with an increased sense of purpose – not just to know the name of a thing, but to explore and understand it. He loves to practice his new skills of making connections and developing his own thoughts and opinions. And, at this time, you may wish to begin a more structured curriculum, such as the one we offer.

Up until this point, we offer the following suggestions for the first few years (from birth to 40 months of age).

It is always of paramount importance, however, that you preserve the innocence and joy of your child's childhood throughout the early years, so the introduction of the following elements at their appropriate ages should not be taken as a "curriculum" for infants or toddlers. Please allow your young child to explore the world at his own pace, merely using the suggestions below to guide you in providing him with new and developmentally appropriate challenges and joys.

For premature babies, use your baby's adjusted age, just as you would for other developmental milestones.

## AGE

## ELEMENT

starting at  
birth

### **Music & Movement:**

lullabies, swaying, singing to your child (please do sing to your child, even if you "can't sing" – it's so important), infant massage

recommended book: Sing Through the Day  
edited by Marlys Swinger

3 months

### **Stories:**

board books – snuggling together makes sure your baby's first experience with literature is a pleasant one, board books mean you don't have to say "don't touch"  
oral storytelling – your child will intently watch your lips and face, pick up on the pitch of your voice as you add emphasis to different parts of the story

5 months

### **Independent Play:**

five months is the age when your child coordinates hands and can reach for things, provide age-appropriate toys, leave alone in a safe space to play and explore (always monitor your child)  
observe your child, change out toys, give new ones

recommended book: Toymaking with Children  
by Freya Jaffke

15 months

### **Helping:**

first chores begin at this age, starting with putting toys away (if your child has more toys than he can put away without becoming frustrated, reduce the number of toys), don't over-praise, keep it matter-of-fact  
also sweeping, dusting, washing dishes

## AGE

## ELEMENT

20 months

**Art:**

your child is learning increasing control of his body, more purposeful movements  
art helps your child with self expression, problem solving, dealing with issues in his life, and is a new and satisfying form of communication

recommended book: Young at Art  
by Susan Striker

25 months

**Nature:**

begin nature walks  
your child is starting to learn the names of animals, able to be gentle with flowers & etc., can walk a long way without tiring

recommended book: Earthways  
by Carol Petrash

30 months

**Handwork:**

your child can follow multi-part directions, sit patiently while a project is being set up, keep hands out of jars of paint, etc.  
understands the concept of gift making and is proud to say "I made it myself"

35 months

**Cooking:**

through Handwork your child has learned that some things take time, to follow directions, and is able to cook without being frustrated and impatient  
can follow safety instructions, understands "hot" and "sharp"  
body control has improved so that he can stir slowly and carefully, use grater & etc.