



guidepost  
montessori

a day in the life  
of a child in our  
**nido program**



The Nido program is for infants ages 6 weeks to 18 months old.

Our guides strike a balance between giving children full support while allowing them to exercise their freedom within limits.

Here are some examples of what a day might look like applying Montessori principles for infants. We follow Lila, who is 8 months old.

The guides follow Lila's natural cycle for sleeping and eating which changes frequently as she grows.



## sleeping

Lila sleeps on a floor bed, allowing her to explore the world to the best of her ability. The guide helps Lila **recognize her sleep signals** and invites her to lay down in her bed to rest.

As she grows, **Lila learns to do this on her own** and may lay down to rest whenever she feels tired. The guide remains with her in the sleeping area while she rests to ensure a **safe sleeping environment**.

When she wakes up, she doesn't have to cry and wait for the guide to come lift her out of bed. She may peacefully wake up, orient herself, and then crawl off her bed to go choose an activity.

## eating

Lila has recently started eating solid foods; peas and potatoes being her favorites.

Lila has her own spoon, **allowing her to practice her hand coordination skills**.

She's also learning to self feed with real dishes and utensils as well as drink from an open glass.

## discovering the world

When awake, Lila is exploring the world around her, always fully supported by a guide.

She sits up and is discovering that she can hold on to objects and **pull to help her stand up**, an important milestone.

Other skills she's developed during her time in Nido include **observing a mobile to strengthen her eyesight**, and lying on her tummy to strengthen her core.

The guide is carefully observing Lila's movements and **watching for signs that she is becoming more independent**.

The guide updates Lila's parents during the day, sending photos and their notes about Lila's day.

read more about montessori for babies [here](#) or scan the QR code.



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