



Parent & Child Program Overview

Developing Parent & Child Connection & Community

It has been important for me to connect with other adults on a similar parenting “path,” to share their experiences and learn what their “normal” is.

Parent & Child Programs at The Cape Ann Waldorf School offer caregivers an opportunity to enjoy an enriching social activity with their children, support one another, and experience the gifts of Waldorf Early Childhood Education. Our small group meets one morning each week in a warm, nurturing setting, for puppetry, free play, craft making, seasonal songs and verses, bread making, and a healthful snack.

Welcoming into a Warm & Serene Environment

The teachers fill the shelves with wooden and woolen toys and tuck dolls in cradles here and there about the room ... (it is) a feast for the senses.

Our teachers take care to engage the children’s senses and imagination, providing simple, natural materials in the classrooms and a thoughtfully prepared rhythm of activities. Classes provide children with a supported transition into a social or structured environment and are designed to nourish the young child’s blossoming curiosity and wonder.

Honoring the Growing Child

*My son has new confidence in himself.
He gained trust and triumph in new experiences from others – not just his parents.*

Emphasizing child observation and parent and child interaction, we strive to deepen our understanding of the young child’s nature and behavior to best meet their needs. We try to bring mindfulness into our role as parents and caregivers and to develop practical ways to show our children respect as we change and grow together.

“Children who live in an atmosphere of love and warmth, and who have around them truly good examples to imitate, are living in their proper element.”

- Rudolf Steiner, *The Education of the Child*

Enriching Our Families & Experience

In the classroom, everything slows down for me, and I am able to center myself and be more present. I am reminded to see the best in myself, in my daughter, and in my parenting. I carry the mood and messages in my heart throughout the week.

Class sessions provide an opportunity to explore shared parenting questions and experiences. Parents find that new ideas and resources enhance their parenting and their family life outside of class. Classes nurture and support the bond between parent (or caregiver) and a young child through a developmentally-appropriate rhythm of gentle and nourishing activities based on Waldorf early childhood principles.

One by one I have dropped all our other activities, not wanting to be over-scheduled, and our Cape Ann Waldorf Parent-Child class is the only one I won’t give up.

At the same time, children gain comfort and growth as they become familiar with the morning rhythm, and get to know other adults and children in a supportive environment next to their caregivers. Thus, the goal of Parent & Child classes is to offer nourishment for both children and parents.