



Parenting Foundations Course

For Families with Children Birth to 3 years old

COURSE SYLLABUS

A Foundational Course That Builds Calm, Confident Parenting From the Start

Parenting in the earliest years can feel overwhelming. Advice is everywhere, opinions conflict, and many parents are left unsure whether they are doing too much, too little, or the wrong things entirely.

The Greentree Parenting Foundations Course is designed to bring clarity to this stage of parenting.

Rather than offering techniques or quick fixes, the course helps parents understand how children develop, communicate, and learn, so daily decisions feel steadier and more confident.

Children attend the course together with their parents. In a thoughtfully prepared environment, infants and toddlers are free to move, explore, and interact. Parents learn by observing their own child in action, guided by experienced Greentree educators who help interpret what unfolds in real time.

THIS COURSE IS FOR PARENTS WHO WANT DAILY PARENTING TO FEEL EASIER

Not perfect. Not performance-driven. Just calmer and more sustainable. Parents often come to this course feeling unsure about:

- how much to intervene
- how to handle emotions without escalating them
- how to support independence without pushing
- how to choose toys, activities, or routines wisely
- how to stop constantly entertaining or worrying

This course helps parents make sense of these questions early, before habits become harder to change.



What Makes the Parenting Foundations Course Different



A LIVE, CHILD-LED LEARNING EXPERIENCE

Children are not demonstrated or directed. They explore freely in a thoughtfully prepared environment. This allows parents to learn from real moments as they unfold, including movement, effort, frustration, and connection, rather than from staged examples or instructions.



LEARNING THROUGH OBSERVATION & INTERPRETATION

Parents are guided to observe more carefully and understand what their child is working on in the moment. Greentree educators support parents in recognising when to step in, when to wait, and how small shifts in adult response can make a meaningful difference.



CAREGIVING AS EDUCATION

Everyday care, including feeding, changing, dressing, and routines, is recognised as the most powerful learning time in a young child's day. Parents come to see how trust, cooperation, and emotional security are built through presence and respect, not through activities or lessons.



CALM, RESPECTFUL GUIDANCE

There is no pressure, comparison, or performance. The focus is on clarity, steadiness, and trust in development. This helps parents feel confident in themselves, their child, and the process of growth.



What Parents Gain From This Course



More Independent Play

Children learn to engage meaningfully on their own. Parents no longer feel pressure to constantly entertain, stimulate, or intervene, which creates more breathing space during the day.



Fewer Emotional Escalations

With clearer understanding of emotions and communication, children spend more time playing and learning, and less time stuck in cycles of frustration or distress.



Smoother Daily Routines

Care moments such as feeding, changing, and transitions become calmer and more cooperative, reducing daily power struggles.



Better Focus and Persistence

Children learn to stay with challenges and solve problems, instead of giving up quickly or needing adults to step in immediately.



Greater Parental Confidence

Parents feel less reactive and more assured in their responses, even during difficult moments.

HOW LEARNING IS EXPERIENCED

- Four-session cohort
- 45-minute in-person parent and child sessions
- Small group setting
- Guided by trained Greentree infant educators
- Live observation and interpretation
- Each session unfolds differently

Course Syllabus

FOUR CORE LEARNING AREAS

Module 1:

Seeing Your Child With New Eyes

In the earliest years, many parenting struggles arise not from a lack of effort, but from misunderstanding what a child is communicating. When parents learn how to read movement, effort, attention, and emotion more clearly, daily interactions become calmer and more effective.

This module helps parents shift from reacting in the moment to understanding what their child is working on, so responses feel measured rather than urgent.

Learning Outcomes

Parents learn how to:

- Observe before reacting, reducing unnecessary interruption and escalation
- Recognise capability, intention, and effort in everyday moments
- Distinguish between productive struggle and genuine distress
- Know when to step in and when to allow learning to continue
- Understand emotions and behaviour as communication rather than problems

What Parents Experience

- Watching their child navigate challenges independently
- Learning how small changes in adult response affect behaviour and confidence
- Developing greater calm and clarity during uncertain moments

Outcome:

Parents leave this session feeling calmer and more confident in their judgment. By seeing their child as capable rather than dependent, they feel less urgency to intervene and greater trust in allowing learning to unfold naturally.

Course Syllabus

FOUR CORE LEARNING AREAS

Module 2:

Caregiving as Relationship-Building

Routine care makes up the majority of a young child's day, yet it is often treated as something to rush through. This module reframes caregiving as the foundation of trust, cooperation, and emotional security.

Parents learn how everyday moments such as feeding, changing, and dressing quietly shape how children relate, cooperate, and feel safe in the world.

Learning Outcomes

Parents learn how to:

- Treat routine care as meaningful learning time, not a task to complete
- Communicate clearly and respectfully during caregiving moments
- Invite cooperation instead of relying on force, distraction, or negotiation
- Respond calmly to emotions that arise during care
- Build trust and predictability through consistent, respectful interaction

What Parents Experience

- Calmer care routines with fewer power struggles
- Greater cooperation during transitions and daily tasks
- Increased confidence in handling emotional moments without rushing or fixing

Outcome:

Parents come away understanding that everyday care is where trust and cooperation are built. Daily routines begin to feel less rushed and more settled, reducing resistance and making caregiving more sustainable.

Course Syllabus

FOUR CORE LEARNING AREAS

Module 3:

Free Movement, Play, and Learning

Children build confidence, focus, and problem-solving skills through self-initiated movement and play. When adults over-direct or overstimulate, learning is often disrupted rather than supported.

This module helps parents understand how to support development by knowing when to wait, when to protect, and how to create environments that invite deep engagement.

Learning Outcomes

Parents learn how to:

- Support free movement that builds coordination, confidence, and self-trust
- Allow effort and repetition without rushing to help
- Recognise concentration and persistence in young children
- Support play without directing or entertaining
- Choose toys and materials that truly support development
- Set up simple, effective play spaces at home

What Parents Experience

- Children who stay engaged longer without constant adult input
- Less pressure to entertain or stimulate throughout the day
- Greater confidence in what to buy, what to avoid, and why

Outcome:

Parents feel clearer about how to support learning without constant direction or stimulation. Children engage more deeply and independently, while parents experience less pressure to entertain or manage every moment.

Course Syllabus

FOUR CORE LEARNING AREAS

Module 4:

Communication and Emotional Security

How adults speak, respond, and hold boundaries shapes a child's inner sense of safety and order. Clear, calm communication supports emotional regulation and cooperation long before language is fully developed.

This module helps parents understand how tone, language, and presence guide behaviour and emotional stability over time.

Learning Outcomes

Parents learn how to:

- Communicate clearly without vague or confusing language
- Use tone and presence as guidance, not control
- Support emotional expression without suppressing or escalating it
- Set limits in ways that feel steady and respectful
- Build emotional security through consistent communication

What Parents Experience

- Fewer emotional escalations during daily interactions
- Clearer boundaries without raised voices or repeated reminders
- Stronger trust and connection between parent and child

Outcome:

Parents gain confidence in how they speak and respond during emotional moments. Clear, calm communication leads to fewer escalations and a stronger sense of security in daily interactions.



About Greentree Montessori

A PLACE WHERE EXPERIENCE, PASSION, AND PURPOSE COME TOGETHER

Since 1990, Greentree Montessori has been creating learning environments that honour childhood and support meaningful growth. Guided by a deep respect for how children learn best, our work focuses on curiosity, hands on experience, and strong relationships.

Greentree's founder, Ms Charmaine Soh, serves as the President of the Asia Montessori Association, working alongside hundreds of schools across the region. This regional involvement keeps our practice grounded, relevant, and continuously informed by real classrooms and real children.

Ms Soh has also trained directly under Magda Gerber, the founder of Resources for Infant Educators, and under Anna Tardos, daughter of Dr Emmi Pikler. These formative experiences continue to shape Greentree's respectful, observation-based approach to early childhood.

The Parenting Foundations Course reflects this commitment by supporting parents in building calm, confident foundations at home that align with the care their child experiences at school.





A Foundational Investment

Confidence, independence, and resilience do not begin in school. They are shaped in the earliest interactions at home.

The Parenting Foundations Course supports parents in getting the foundations right early, so parenting requires less correction, less guesswork, and fewer reactive decisions later.

This is not about doing more. It is about building clarity once, at the stage where it matters most.

WHY THE EARLY YEARS MATTER SO MUCH

Research consistently shows that emotional regulation, independence, and learning capacity are shaped in the earliest years of life.

When these foundations are unclear or unstable, families often spend years trying to correct issues later through:

- additional classes and enrichment
- constant adult involvement
- repeated behavioural interventions
- unnecessary products or programs

Making informed choices early reduces long-term stress, effort, and expense.

The Parenting Foundations Course helps parents invest at the stage where small shifts have the highest and longest-lasting return.



Sign Up Now

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