

Empowering Children for Life

The Role of the Prepared Adult in Supporting Life Skills – From Toddlers to Tweens

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Context:

All children thrive when their environments, both at home and at school, are thoughtfully prepared to support their social, emotional, and developmental growth. Adults have an invaluable opportunity to nurture essential life and soft skills in children, helping them flourish not just academically, but in all areas of life, preparing them for a thriving adulthood.

Purpose:

This workshop aims to explore how the prepared adult – whether parent, caregiver, or educator – can intentionally support children’s social, emotional, and cognitive development, empowering them for lifelong learning and holistic growth.

Approach:

- Interactive discussions and group reflection activities based on Positive Discipline and the Montessori approach
- Real-life examples and case studies from classroom and home settings
- Practical demonstrations of prepared environment setups
- Tools and strategies for fostering independence and life skills in children both at home and at school

Key Points:

Participants will:

1. Understand the concept of the “prepared adult”, both from the Positive Discipline and Montessori perspectives, and its influence on children’s overall development
2. Learn how Positive Discipline and Montessori principles can be applied to support independence and resilience
3. Explore practical strategies for creating prepared social, emotional and physical environments at home and in educational settings
4. Examine common everyday challenges the adults face when supporting children’s development
5. Receive actionable tools to empower children beyond academic achievement

Expected Outcomes:

Attendees will leave with practical insights and strategies to:

- Bridge home and classroom learning through parent education and professional development sessions on Positive Discipline and Montessori principles for the mainstream audience
- Recognize and nurture children's potential and our role in nurturing these skills
- Foster environments where children thrive socially, emotionally, and cognitively

Abstract:

Children's potential flourishes when both the classroom and home environments are thoughtfully prepared and aligned to meet their developmental needs. This workshop explores how the prepared adult – whether parent, caregiver, or educator – can empower children to develop essential life and soft skills, emphasizing growth beyond academic achievement.

Drawing on Positive Discipline and Montessori principles, participants will learn practical strategies to cultivate a prepared adult mindset and create a prepared social, emotional and physical environment that supports independence, resilience, cooperation and lifelong learning.

Through interactive discussions, real-life examples, and reflective activities, attendees will examine common challenges children and adults face and explore actionable ways to support their social, emotional, and cognitive development. The session will highlight how parent education (for families, educators and caregivers) can bridge classroom and home everyday learning, helping families recognise their children's potential and meet their fundamental developmental needs.

Participants will leave with concrete tools, insights, and strategies to foster environments where children can thrive holistically – not just for exams – equipping them for a thriving adulthood.

Keywords:

Prepared adult, parent education, Positive Discipline, Montessori