

# Welcome to Curioly.

If you are reading this, you might be feeling the pressure. The pressure to teach, to entertain, and to hit every milestone on time.

At Curioly, we believe parenting isn't about checking boxes; it's about building a human.

We have synthesized insights from **Montessori philosophy**, **Neuroscience**, and **Developmental Milestones** to create a different kind of guide. One that doesn't ask you to be a "teacher" or a "boss," but a **Guide** and a **Secure Base**.

This 5-day journey is not a test. It is an invitation to slow down.

We know that development is not a straight line. Babies have "leaps" where they become fussy (the "Three C's"). Toddlers have moments of "chaos" where they need help regulating their emotions.

**Your goal this week is simple:** Put the phone down. Observe without judgment.

Connect before you correct.

Let's grow with wonder.

**The Curioly Team**

# How to Use This Guide

## **1. Screen-Light, Hands-Heavy**

We use technology to guide *you*, not to entertain your child. Read the activity for the day, then **set your phone aside**. Your child needs your eyes, not your screen.

## **2. Follow the Child**

If your child isn't interested in the activity, don't force it. As Maria Montessori taught us, we "follow the child." If they wander off to look at a speck of dust, let them. That is their work for today.

## **3. The "Three C's" Rule**

If your child is **Clingy, Cranky, or Crying**, they may be in a developmental leap or regression. Skip the main activity. Go straight to the **"If Today Feels Hard"** section. Comfort is more important than curriculum.

# Day 1: The Secure Base

**Focus:** Connection & Touch

**Why this matters:** Before a child can explore the world, they need to know they have a "Safe and Secure Base" to return to. Neuroscience tells us that physical touch and atonement calm the "downstairs brain" (the emotional centre), making the child feel safe enough to learn.

🌀 The Activity: "Sensory Connection"

## **For Babies (0–12 Months): Tummy-to-Tummy**

- **The Setup:** Lie back on a pillow. Place baby on their tummy on your chest.
- **The Action:** Talk softly. Sing a low song. Let them lift their head to look at you.
- **The Benefit:** This counts as Tummy Time (building core strength for crawling) but feels like a cuddle. It releases oxytocin for both of you.

## **For Toddlers & Kids (1–5 Years): The "Pizza" Massage**

- **The Setup:** Have your child lie on their tummy on a rug or bed.
- **The Action:** Pretend to make a pizza on their back. "Knead the dough" (gentle squeeze), "Spread the sauce" (long strokes), "Sprinkle the cheese" (light finger taps).
- **The Benefit:** Deep pressure touch (Proprioception) helps regulate the nervous system and builds body awareness.

📄 Observation Prompt

*Don't judge, just watch:* Does your child relax into the touch, or are they wiggly? Do they make eye contact?

☁️ If Today Feels Hard (The Calming Variation)

**The Rocking Chair:** simply sit and rock. Vestibular movement (swaying) is universally soothing. No talking required. Just be.

# Day 2: The Art of Observation

**Focus:** Independent Play & Focus

**Why this matters:** We often interrupt children to praise them ("Good job!") or correct them. Montessori teaches us that when a child is focused, we should protect that concentration. Even a baby staring at a shadow is working hard.

 The Activity: "The Invisible Guide"

## For Babies (0–12 Months): Unoccupied Play

- **The Setup:** Place baby on a safe mat on the floor. No TV, no flashing toys. Just one simple object (like a wooden spoon or a high-contrast card) nearby.
- **The Action:** Sit nearby, but **do not interact**. Let them kick, look, and reach. Wait for *them* to look at you before you speak.
- **The Benefit:** Builds the "absorbent mind" and allows them to discover their own body movements.

## For Toddlers & Kids (1–5 Years): The "Yes" Space

- **The Setup:** Clear a small area of clutter. Put out *one* open-ended activity (blocks, a cardboard box, or a basket of socks).
- **The Action:** Sit in the corner. Watch. If they struggle, count to 10 before helping. If they ask for help, say: "*I see you are trying. You can do it.*"
- **The Benefit:** Fosters independence and problem-solving.

 Observation Prompt

*Don't judge, just watch:* How long can they focus on one thing? What catches their eye?

 If Today Feels Hard (The Calming Variation)

**Cloud Watching:** Lie on the floor or grass together. Look up. Say nothing. Just watch the world go by.

# Day 3: Hands-On Life

**Focus:** Practical Life & Mastery

**Why this matters:** Children have a deep drive to say, "Help me to help myself." involving them in real daily tasks (Practical Life) builds self-esteem and fine motor skills better than any plastic toy.

 The Activity: "The Kitchen Helper"

## For Babies (0–12 Months): The Kitchen Tour


- **The Setup:** Carry baby (or wear them) while you do a simple chore.
- **The Action:** Narrate what you are doing. *"I am turning on the water. Whoosh. I am picking up the cold spoon."* Let them touch a safe, cold spoon.
- **The Benefit:** Sensory exposure and language immersion.

## For Toddlers & Kids (1–5 Years): Washing Station

- **The Setup:** A small bowl of water, a little soap, and a whisk or sponge. Use plastic cups or toy cars.
- **The Action:** Show them how to scrub. *"Dip, scrub, dry."* Accept that water might spill (it's just water!).
- **The Benefit:** Builds fine motor strength (squeezing) and logical sequencing (steps of a task).

 Observation Prompt

*Don't judge, just watch:* Which hand do they use? Do they enjoy the repetition of scrubbing?

 If Today Feels Hard (The Calming Variation)

**Water Play:** Just fill a sink or bowl with warm water. Let them put their hands in. Water is a natural regulator for "cranky" moments.

# Day 4: Emotion & Regulation

**Focus:** Emotional Intelligence (Mindsight)

**Why this matters:** A child's brain is "under construction." When they have a tantrum, their "downstairs brain" (emotion) has taken over. They can't learn until they are calm. We use the "Connect and Redirect" strategy.

 The Activity: "Mirror Emotions"

## **For Babies (0–12 Months): Mirror Play**

- **The Setup:** Place baby in front of a mirror (tummy or sitting).
- **The Action:** Make happy faces, sad faces, and surprised faces. Label them. *"Look! Happy! Sad."*
- **The Benefit:** Builds self-recognition and introduces the vocabulary of emotion.

## **For Toddlers & Kids (1–5 Years): Name it to Tame It**

- **The Setup:** Snuggle up with a book or just chat.
- **The Action:** Retell a story of something that happened today, especially if it was hard. *"You wanted the blue cup. Mommy gave you the red cup. You felt mad. You cried."*
- **The Benefit:** Telling the story helps the "Upstairs Brain" (logic) make sense of the big feelings.

 Observation Prompt

*Don't judge, just watch:* Can they identify their own reflection? Can they name a feeling (even just "happy" or "mad")?

 If Today Feels Hard (The Calming Variation)

**The Sensory Burrito:** Wrap your child snugly in a soft blanket (like a burrito). Deep pressure is calming and helps organize a chaotic brain.

# Day 5: The Joy of Movement

**Focus:** Gross Motor & "Maximum Effort"

**Why this matters:** Toddlers have a drive for "Maximum Effort"—they love to carry heavy things or use their whole body. Movement isn't just physical; it connects the left and right sides of the brain.

 The Activity: "The Obstacle Path"

## **For Babies (0–12 Months): The Pillow Mountain**

- **The Setup:** Place a flat pillow or rolled towel on the floor.
- **The Action:** Encourage baby to crawl over it. Place a toy on the other side.
- **The Benefit:** Builds coordination, balance (vestibular sense), and problem-solving.

## **For Toddlers & Kids (1–5 Years): Heavy Work Transport**

- **The Setup:** Fill a small backpack or bag with heavy (safe) items like books or water bottles.
- **The Action:** Ask them to "Deliver" the heavy package to the other side of the room. Create a path they have to walk.
- **The Benefit:** Heavy work (Proprioception) is grounding and calming for energetic kids.

 Observation Prompt

*Don't judge, just watch:* How do they balance? Do they get frustrated if they fall, or do they try again?

 If Today Feels Hard (The Calming Variation)

**Nature Walk:** Go outside. Walk slowly. Stop to touch a leaf. Fresh air resets the "Three C's."

# What's Coming Inside Curioly

You've just practiced the Curioly method: **Observe. Connect. Scaffold.**

We are building an app that does this for you, every day. It's not just a milestone tracker. It's a developmental partner.

**Here is what you can expect from the full Curioly experience:**

- **Mood-Aware Suggestions:** Is your child having a "Fussy Week" (The Three C's)? Tell the app, and we will pause the difficult lessons and suggest calming, connection-based play instead.
- **Pantry Play:** No need to buy expensive toys. Our "Inventory Alchemist" will turn your laundry basket, spoons, and cardboard boxes into Montessori-aligned learning tools.
- **Readiness, Not Just Age:** We don't just ask "How old are they?" We ask what they are *doing*. We help you scaffold skills—breaking big tasks (like putting on a coat) into tiny, manageable steps (like "The Coat Flip").

[Join the Waitlist To](#) Be the first to know when we launch. Let's raise curious, capable humans together.