

Enriching Environments for the Early Years:



Foundations for Life with Charlotte Awdry



An In-Depth 8 session Online Programme
as a broad insight into these precious years.

“ It is not what you do for your children, but what you have taught them to do for themselves that will make them successful human beings. ”

Ann Landers



In our 8 Session Series we follow a roadmap of discovery. We begin with the Human Tendencies, the universal traits of every human at each age group, and how these Human Tendencies drive our needs and behaviours in each stage of our development as human beings.

Through the course of the series we will explore together how we as Parents and Caregivers can follow the Human Tendencies in order to support the natural development of our child, and how to prepare our hearts, minds and homes accordingly.

OUR CURRICULUM AS WE JOURNEY TOGETHER:

Session 1: What are the needs of the young child?

Your outcomes from Session 1 will be:

- What is going on in there? How the Human Tendencies are the guiding light of our child's needs, and drive their actions and behaviours.
- Overview of the dominant Human Tendencies in the Early Years.
- Understanding the Human Tendencies: a window into the innate, universal inclinations present in all of us that drive our development, adaptation and interaction with our environment.

Session 2: Understanding the physical and cognitive development from birth to 6 years

Your outcomes from Session 2 will be:

- Preparation of the home environment in line with the Physical Development Needs, Simple - Ordered- Accessible!
- Offering opportunities for independence in every room of the house.
- Preparing our homes as a 'yes' space which contributes to a more harmonious and collaborative parental/child dynamic
- Supporting our child with dressing and toileting independently.

Session 3: Language & Communication Development - how we speak and what we say matters

Your outcomes from Session 3 will be:

- With 75% of language acquisition occurring in the first 6-7 years of life- the quality of our communication and the level of our emotional intelligence plays an exciting part in the development of our child's ability to be able to express their needs and form meaningful relationships, now and in their adult life.



The language of respectful and positive discipline, communication for building respect and cultivating emotional intelligence

Multilingualism and monolingualism using rich, expressive language, laying the foundation for your child to have clear and meaningful communication throughout their life.

Sharing joy through song, poetry and stories
The importance of cultivating creativity (art, music, dance) and offering this to a young child.

The Early Years - Foundations for Life

with Charlotte Awdry



Effective discipline is based on loving guidance. It is based on the belief that children are born innately good and that our role as parents is to nurture their spirits as they learn about limits and boundaries, rather than to curb their tendencies toward wrongdoing. Effective discipline presumes that children have reasons for their behavior and that co-operation can be engaged to solve shared problems

Session 4: Social & Emotional Development & The World of Play

Your outcomes from Session 4 will be:

- The vital role of unstructured, self directed free play.
- First hand experiences in nature as our child's best playground and classroom.
- Purposeful Practical Life as Joyful Play
- Emotional Development: Developing real inner self-confidence through 'doing', not from praise from adults
- Social Development: Interacting with other children, sharing and manners

Session 5: Food, eating and mealtimes: Cultivating a healthy relationship with food.

Your outcomes from Session 5 will be:

- Cultivating healthy habits from the first year, what your child should be eating. How to move from spoon feeding your baby, to them feeding themselves!
- Supporting all areas of your child's development through independent eating (physical, social, emotional, cognitive and language)
- Focussing on the joy of eating together in family/Community.
- Preparing your kitchen and dining area for your child's independent eating.
- Engaging your young child in simple food preparation to lay the foundations of enjoying a wide range of nutritious foods for life.

Session 6: Setting Limits with Love - Developing Discipline and Self-Discipline

Your outcomes from Session 6 will be:

- What NO really means and what to do when our child refuses to listen
- Setting boundaries, how to respond "in the moment" when in challenging situations with our child.
- Tantrums and meltdowns, staying calm when chaos comes.
- How discipline, connection and freedom are all interconnected, meaning that our bond with our child is the foundation of discipline.
- Understanding that discipline in the Early Years is part of the 'long game'. The principles that, through freedom and practice, our child learns from their mistakes and with our nurturing support, develops the necessary skills to become a confident, self-motivated member of society with a high sense of integrity.

Session 7: Consistency Predictability & Routine

Your outcomes from Session 7 will be:

- The glue that holds it all together; how consistency, predictability and routine supports a sense of emotional safety, security and belonging
- Designing visual schedules and low-stress rhythms
- Connection strategies to create family traditions, routines and special moments from daily life.

Session 8: Spreading Their Wings - Transitioning to the Wider World

Your outcomes from Session 8 will be:

- Preparing your child emotionally and socially for big transitions like starting nursery, school, or welcoming a new sibling.
- Advocating for your child's independence and unique pace within mainstream educational and other childcare environments.
- Adapting your prepared home environment seamlessly as your child transitions through the Early Years and into the Second Plane of Development.

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Who is this Programme for?

This Programme is for Parents of children from birth to 6 years seeking to gain a deep understanding of the needs of their child



Meet your Guide



I'm Charlotte, a Montessori Early Years Educator and Parenting Consultant with 15 years of international experience across the UK, South Africa, Egypt, and the UAE. The Foundations Programme distills a lifetime of expertise—from leading Early Childhood classrooms to advising high-net-worth families and spearheading Community initiatives for vulnerable groups. Blending science-backed principles with deep global sensitivity, I provide immensely practical, actionable guidance. Together, we will navigate the beautiful, emotional Early Years, transforming rapid developmental stages into a journey of confidence, self-trust, and joy.

Reach out to me to learn more on : +971 55 640 1606
or sayhello@enrichingenvironments.com

Programme Details:



- 8 x 75 minutes LIVE Online Workshop Sessions with Charlotte starting;
- **Saturday 31st October : 9:30am to 10:45am Dubai time (last session will take place on Saturday 19th December)**
- Recording of each session sent 48 hours after the LIVE call
- Accompanying PDF resources
- Whatsapp group for Community support



Programme Pricing

- 6999 AED per person for pay in full
- OR 2 x payments of 3649 AED (50% payable upon confirmation, 50% on November 21st)