

Montessori At Home



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“The best way to incorporate Montessori at home is to allow the child to become a contributing part of the family.”

Toddlers and children love contributing to the family, and if you think about it, that makes perfect sense.

They grow up watching us do things like getting ready for the day, cleaning, and cooking. And in their little minds, those are exciting things we are doing daily (although we might not realize that).

With the Montessori method, we can promote independence by allowing our little ones to participate in self-care, help around the house with cooking and cleaning, and other aspects that allow them to be a contributing family member even at a young age.

In this Montessori At Home Guide, we are going to share how we incorporate Montessori in our home and include links to our favorite products in each space.

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**Throughout the guide we've linked to other resources (articles at our blog and other great Montessori blogs). If you see a word or phrase underlined you can click on that link to learn more about it.*

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Montessori Kitchen

Having your little one help with meal prep is a great activity for kids of all ages. This can include tasks like transferring foods, pouring, mixing, spreading, and slicing.

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In the picture above you can see our little one at 15 months old learning how to peel banana slices before eating them. (To make things easier than peeling a banana regularly we sliced the banana in small slices and then made a small slit in each piece to get it started for her.)



In this picture you can see K (at 21 months) taste-testing pancakes we made together. She helped pour all of the ingredients together, mixed them together with a small whisk, and practiced her spreading with the butter on the finished pancakes.

Other kitchen activities that your little one can help with include washing dishes, setting the table, washing their hands, scraping off their plate after eating, loading and unloading the dishwasher (one of our daughters favorites is sorting the utensils into the cutlery drawer).



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If you want to incorporate Montessori into your kitchen I recommend a [Montessori Learning Tower](#) that allows the child to be at counter height.

This is one of my highest recommended Montessori inspired purchases, as it allows your little one to help with plenty of tasks in the kitchen in a safe way.

Another excellent kitchen addition is a [Toddler Sized Practical Kitchen](#) which you can see in the picture below.



With a water station, this allows them to do practical life tasks like washing their hands and dishes. We also now store all of K's dishes and cutlery in her toddler kitchen so she can help by getting a plate or bowl, cup, and cutlery for meals.

We got this IKEA toddler kitchen idea from [Montessori In Real Life](#) who shares a lot of great Montessori ideas!

The toddler kitchen is a nice addition, but it definitely isn't necessary (especially if you have the learning tower) as they can help with the water activities in the sink and you can set up kitchen drawers for them.



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Following the Montessori principles, it's important to have somewhere in your kitchen or eating area that is accessible for a toddler.

Over the past 6 or 7 months, our kitchen space has evolved and we have 3 different options for K:



1 - Learning Tower - we keep our learning tower at the counter so K can climb up on her own in the morning for breakfast or for snacks

2 - Weaning Table and Chairs - we purchased a beautiful toddler sized table and chair set from Sprout Kids (use code OMJ for 10% OFF) that K can use anytime she likes (we usually give her the option of eating her snacks at the learning tower or weaning table)



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3 - Stokke Chair - we've always eaten dinner together as a family at our kitchen table and this Stokke Chair now allows K to get up the table and leave the table on her own

Of course, 3 options aren't necessary for a child but I think it's important to have at least one area in your kitchen that your little one can access on their own!



Our Favorite Kitchen Items:

[Wavy Knife](#) | [Small Drinking Glasses](#) | [Mini Pitchers](#)

[Learning Tower](#) | [Sprout Table And Chairs](#) (Use Code OMJ for 10% OFF)

[Stokke Trip Trapp Chair](#)



Montessori Practical Life

A lot of what's done in the kitchen can fall into this category as well, but on top of those kitchen practical life activities, kids can help around the house in many other ways.

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We have our recycling bins and a mini garbage set up for K so that she can help recycle and throw garbage out. She is also always happy to help us carry the garbage or full recycling bins out to the garage.

We purchased some cheap toddler-sized cleaning tools that allow K to help dust, sweep, and mop the floors. She also enjoys cleaning our glass backdoor with water in a small spray bottle and a cloth.

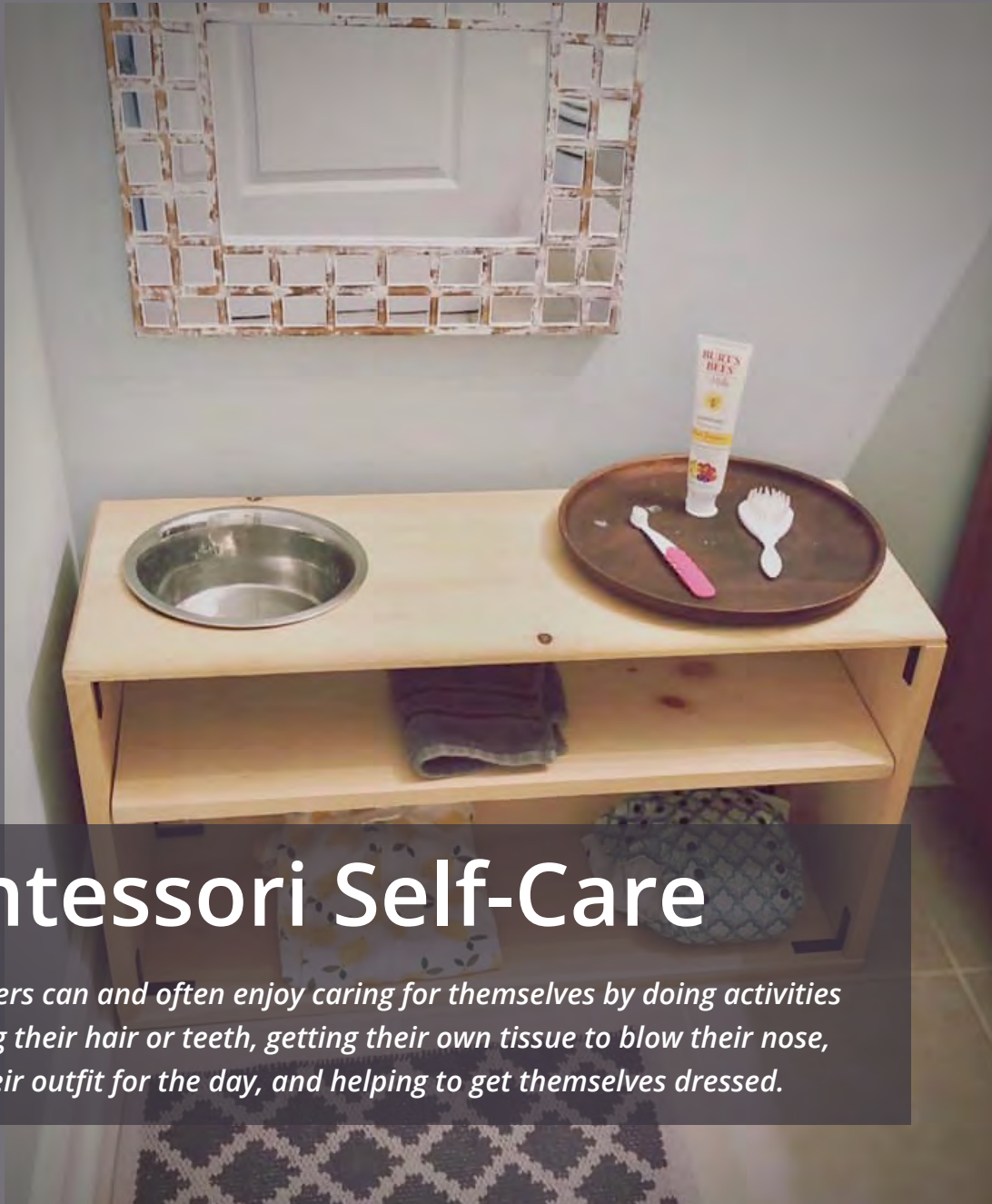
Another great practical life activity is taking care of flowers or plants in the house by helping arrange them, wiping them down, and watering them.

Simone from the [Montessori Notebook](#) has given us some great practical life activity ideas and I recommend checking out her blog for more ideas.



Our Favorite Practical Life Items:

[Toddler Cleaning Tools](#) | [Small Trash Can](#)



Montessori Self-Care

Young toddlers can and often enjoy caring for themselves by doing activities like brushing their hair or teeth, getting their own tissue to blow their nose, choosing their outfit for the day, and helping to get themselves dressed.

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In Montessori homes, it's common to see Montessori self-care stations set up for children.

These often include items such as a mirror at child height, a comb or brush, tissues in reach, and somewhere to sit and get changed/put on shoes.

The image above is a perfect Montessori self-care station that was submitted by [@DestinyandDella](#). She has a mirror at child height, a bowl with water, and some self-care items such as a toothbrush, brush and some cream.



We just finished setting up a little Montessori inspired self-care station for K in her new bedroom which is located beside her wardrobe and includes a mirror, brush/comb, and a stool.

We also have a little entryway space set up for K, which includes low hooks for hanging her jacket/bag on, a basket for her winter gloves and hat, and a stool.



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Not only are these little self-care areas great for your little one, they are great for the parent too as it keeps things tidy and allows them to do more on their own!



Our Favorite Self-Care Items:

[IKEA Stool](#) | [3M Hooks For Coats](#)



Montessori Playroom & Toys

Another way to incorporate Montessori at home is with a [Montessori playroom](#).

In a Montessori inspired playroom, all activities should be at the child's height so they can use what they are most interested in. These [Montessori activities and toys](#) should also be displayed beautifully on an open shelf to entice the child to engage with them.

It's recommended to limit the number of activities on display to promote concentration and allow the child to master each activity. We've found 8-10 activities to be a good number for our toddler, but we also have additional activities on display in other areas of the house as well.



In a Montessori playroom, each activity serves a purpose. Montessorians generally avoid battery-operated toys that were made more for distracting and keeping children busy rather than helping them learn skills.

You may also notice in the above picture that all of the activities on the shelf are in a basket or wooden tray, which makes it easier for the child to get the activity themselves and put it back when they are finished with it.

We also try and always leave each activity unfinished or undone (ie the puzzle pieces are on the side or the stacker isn't stacked) which helps promote engagement with the activities.

[Rotating your child's toys](#) weekly is a great way to keep your child engaged with his/her activities. We've been rotating toys and books in the playroom every Monday and have found that having a set day works best so we don't lose track of how long they've been out for.

Observation is important in Montessori. If your child is really enjoying or working on mastering certain activities it's best to keep those toys on the shelf, and the toys that don't get used can be swapped out and brought back out in the future.

If you'd like to learn more about Montessori playrooms we've written a full guide that you can find [here](#).

Our Favorite Playroom Items:

[Sprout Shelf](#) or [IKEA Shelf](#)

[Nugget Comfort Couch](#) | [Monti Kids Montessori Toys](#)



Montessori Bedroom

Independence in the bedroom is a big part of the Montessori approach to parenting.

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There are many ways you can make your little one's bedroom more Montessori friendly, but it can start with just making things more accessible for the child.

This can include having a [floor bed instead of a crib](#) to allow your child to get in and out of bed on their own, having activities at their height for them to use when they are in their bedroom, a cozy place to read books, and a [toddler-sized wardrobe](#) to allow them more independence with getting dressed for the day.



Above you can see a picture of our new [Sprout Montessori Wardrobe](#) that allows K to help pick her outfit for the day and eventually get dressed on her own. At her age, we set out two shirts that she can pick from and then help her get dressed for the day.

Another tip that we didn't think of when originally setting up our daughter's room, is to have all of the artwork at the child's level.

Like many parents, we made the mistake of decorating the room to look good to us (at our height), without thinking ahead to when our daughter would start to appreciate the artwork and the decor in her bedroom.

We've included a small shelf with 4 activities in K's bedroom, which allows her to independently play when she wakes up or before she falls asleep.



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Since the transition to the floor bed (about 1.5 months ago) we haven't had issues with the activities interfering with her sleep, although she does like to turn on the lamp and look through more books before falling asleep.

We set up a cozy reading nook in her Montessori inspired bedroom that she can use at any time.

We are often reading to her before nap and bedtime right in her bed, but use this reading nook at other times during the day if we find ourselves upstairs.

“Childproofing” the bedroom is important, as with the Montessori at home approach you are often giving the child a lot of freedom and independence in their bedroom (and sometimes when you are sleeping).



Our Favorite Bedroom Items:

[IKEA Activity Shelf](#)

[Sprout Kids Wardrobe](#) and [Floor Bed](#) (Use code OMJ for 10% OFF)



Montessori Outdoors

A big part of Montessori is allowing the child to explore nature and enjoy the beauty of the outdoors.

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This can be as simple as the exploration of nature in your yard (if you don't have a yard, you can go to a local park or forest).

It can also include outdoor practical life activities such as raking leaves, watering plants, working on gardens, watering grass, picking weeds, etc.



On top of that, it's recommended to have activities and toys that were made for outdoor play to allow them to spend more time outside and work on their gross motor skills.

Final Thoughts

I hope this guide has shed some light on how Montessori can be used at home, even if you aren't interested or able to enroll your child in a Montessori school.

Montessori is such a beautiful approach to raising a child and, in my opinion, should be incorporated in all homes.

Set up your home to allow your child to help themselves, and they will thrive!

For more Montessori reading visit our blog at

[MontessoriMethod.com](https://montessorimethod.com)

Please feel free to share this guide as we would love to share the Montessori At Home idea with as many parents as possible.

Thanks for reading,

Ashley & Kevin