Let them try.

Five Montessori-inspired ways to help at home

A parent checklist for ages 3-6 | Adult supervision

Choose one task that fits your child's readiness. Show it slowly, then give them time to try. Check a box when you've tried an activity together.

- [ ] **Pour a little water**

  Pour a small amount of room-temperature water from an adult-selected, nonbreakable pitcher into a nonbreakable cup.

  Parent tip: Start with very little water and keep a cloth nearby.

- [ ] **Sweep a few crumbs**

  Gather ordinary crumbs into a small pile with a suitable child-sized brush, then sweep them into a dustpan.

  Parent tip: Pick a small, clear area; adults handle hazardous debris.

- [ ] **Wipe the table**

  Wipe one section of a clear table with a washable cloth dampened with water.

  Parent tip: Show one slow pass across the surface. Use water only.

- [ ] **Mix something cold**

  Stir a cold food preparation with a blunt spoon in a stable bowl intended for food use.

  Parent tip: Wash hands first; an adult chooses suitable ingredients.

- [ ] **Water one plant**

  Pour a small amount of water onto the soil of an adult-selected plant that is safe for children.

  Parent tip: Pre-fill a small container with only the water needed.

Start with what you already own. Buying special products is optional.

Supervise throughout. Choose tools for your child's readiness and follow manufacturer instructions. Avoid hot liquids, blades, chemicals and small loose parts.

Sources: American Montessori Society: Practical Life at Home | Randolph et al. (2023)

Research on Montessori schools does not establish benefits from individual retail products.