

Tangible Takeaway: A Montessori Activity to Try at Home



Practical Life Station: Helping Hands in the Kitchen

Create a small area in your kitchen where your toddler can participate in real, meaningful tasks. This doesn't require fancy materials—just a few child-sized tools and some patience!

What You'll Need:

- A sturdy stool or learning tower so your child can reach safely
- A small pitcher or measuring cup for pouring
- A child-sized sponge or cloth for wiping spills
- A low basket with vegetables or fruit to wash
- Unbreakable dishes or utensils for setting the table



How to Do It:

1. Invite your toddler to join you during meal prep.
2. Show them slowly how to wash vegetables, pour water, or carry a plate.
3. Step back and let them try on their own—mistakes are part of learning!
4. Celebrate their effort, not perfection.

Why It Works:

- Builds independence and confidence
- Strengthens fine motor and coordination skills
- Helps toddlers feel like valuable contributors to the family
- Turns daily routines into meaningful learning opportunities

✨ *Remember: Montessori is about real work, not pretend play. When children do tasks that matter to the family, they feel respected, capable, and connected.*

