

☀️ Montessori Parent Activity: The Snack Station



Goal: Encourage independence, responsibility, and confidence in everyday life.

What You'll Need:

- A low shelf or small table
- Child-sized bowls, cups, and utensils
- Healthy snacks (e.g., apple slices, cheese cubes, crackers, or carrot sticks)
- A small water pitcher and cup

Steps:

1. Set up a "snack station" on a low surface that your child can reach without help.



2. Place small amounts of healthy snacks in bowls or jars with lids.
3. Add a child-sized water pitcher and cup.
4. Show your child how to pour water carefully, choose a snack, and clean up when finished.

Why It Works:

- Builds independence (no need to ask an adult for food).
- Teaches practical life skills (pouring, serving, cleaning).
- Helps children practice self-control and decision-making.

Parent Tip: Rotate snacks daily to keep it exciting, and let your child help restock the station—it doubles as another learning opportunity!

