Opportunities for Independence in Your Day with Toddlers

There are so many opportunities throughout our day to allow our littlest ones to help out. Unfortunately, their help doesn’t always feel very helpful! It usually requires that we take 5 times longer on simple, menial tasks. However, the benefit to their confidence levels, motor skills, ability to think sequentially and logically, and sooo much more depends upon us taking a minute to slow down and enjoy watching these little people thrive and grow while performing “grown up” tasks. The Montessori philosophy is very intentional about integrating children into the normal aspects of home management to foster independence and thusly mental, physical, and emotional development.

To assist a child we must provide him with an environment which will enable him to develop freely. - Maria Montessori

Fold Towels/Cloths
Pouring station
Stirring (anything)
Transfer (anything)
Sort silverware
Dust
Set the table
Sweep small spills
Put toys away
Get dressed
Scoop (anything)
Wash plastic dishes
Hang “clothes” with clothespin
Match socks
Sort Laundry (lights/darks)

Cut soft foods (banana, avocado, etc)
Put away groceries
Weed flowerbeds
Water plants
Help in garden
Feed pets
Dress self
Put on shoes
Button + Zip
Bathe self
Brush teeth
Wash face
Retrieve items for Mom + Dad