



**Helping Your Child Build
Independence, Curiosity,
& Confidence *at Home***

About the Montessori Philosophy

Developed by Dr. Maria Montessori in the early 1900s, the Montessori Method encourages children to learn through hands-on exploration and independence. This guide shows how to bring Montessori principles into your home.

1. Setting Up a Montessori Home Environment

- ☐ Keep spaces calm, uncluttered, and organized with natural light and neutral tones
- ☐ Use child-sized furniture and reachable storage
- ☐ Limit activities on display (6–10 at a time)
- ☐ Define learning areas (reading, play, practical life, rest)

2. Practical Life Activities

- ☐ Involve your child in simple chores: watering plants, setting the table, folding laundry
- ☐ Offer accessible child-sized tools: broom, watering can, jug
- ☐ Use a step stool for sink and kitchen activities
- ☐ Encourage tidying up and personal care

3. Sensorial & Creative Exploration

- ☐ Introduce natural textures: wood, stones, fabric
- ☐ Introduce and rotate art materials: crayons, watercolour, and clay
- ☐ Play soft music or let them experiment with simple instruments
- ☐ Offer sorting or matching activities (by colour, size, texture)

4. Language & Early Literacy

- ☐ Read aloud together every day
- ☐ Cozy, accessible reading nook and rotate books regularly
- ☐ Use real, clear language—label familiar items (cup, chair, door)
- ☐ Encourage storytelling and singing

5. Math & Problem Solving

- ☐ Count and sort items while cooking, cleaning, or walking
- ☐ Use stacking toys, number puzzles, or beads
- ☐ Compare shapes, sizes, and colours
- ☐ Let them measure ingredients while baking

6. Nature & Outdoor Learning

- ☐ Go on daily walks to explore and observe the weather and seasonal changes
- ☐ Garden or grow simple plants together
- ☐ Collect leaves, stones, or flowers for sorting
- ☐ Create a small outdoor workspace or sand area

7. Routine & Rhythm

- ☐ Establish routines for meals, rest, and play with a picture-based daily schedule
- ☐ Build in “quiet focus time” each day
- ☐ Allow time for unstructured play
- ☐ End the day with reflection or storytelling

Parent Reflection Corner

Take a few minutes each week to reflect on your child's progress and interests:

- What did my child explore with curiosity this week?
- How did I support their independence today?
- What can I adjust in our space to match their interests?

"I believe that the teacher, parents, and child all work together to provide an enriched learning environment. Our classrooms will utilize the Montessori method at every opportunity to influence, guide, and nurture the intellectual and emotional development of our students."

**— Mrs. Shefun Ali, Founder,
Mosaic Montessori Academy**

