

PRINTABLE CHECKLIST

Setting Up Your Home for Independence

A room-by-room Montessori checklist. You do not need to recreate the classroom. You need to make it possible for your child to do things for themselves.

The one idea behind all of it

If a child can reach it, see it, and manage it on their own, they will use it on their own. Lower it, shrink it, and let them. Start with one room and one change. Independence grows from small, repeatable wins.

Entryway

- A low hook your child can reach for their own coat and bag
- A basket or mat for shoes, at floor level
- A small bench or spot to sit while putting shoes on

Kitchen

- A low shelf or drawer with their own cup, plate, and bowl
- A small water pitcher they can pour from
- Healthy snacks within reach so they can serve themselves
- A step stool at the sink for handwashing and helping
- A child-sized cloth nearby for wiping spills (spills are practice, not failure)

Bedroom

- Clothing sorted so they can choose and dress themselves
- A low rod or drawers they can open
- A bed they can get in and out of without help
- A short shelf with a few books, faced cover-out

Bathroom

- Step stool at the sink and toilet
- Toothbrush, cup, and towel at their height
- A mirror they can actually see themselves in

Play and work space

- Fewer toys, beautifully arranged, rotated rather than piled

- Everything has a home so cleanup is findable
- A small table and chair sized for their body
- Open shelves instead of a toy box, so each thing can be seen and chosen

Start here this week

Pick one shelf in one room. Lower it, clear it down to a few good things, and show your child once how to use it. Then step back and let them surprise you.