

Practical Life

Checklist

Montessori at Home · Ages 18 months – 6 years

A warm, printable guide for families and educators to observe, support, and celebrate everyday independence.

How to Use This Checklist

- Observe your child naturally — check skills as they emerge
- Use the age guides as gentle reference, not rigid timelines
- Revisit every few months to notice and celebrate growth

Care of Self

Care of Environment

Food & Grace

Care of Self

Building independence through personal care routines

● Dressing & Undressing

- Removes shoes and places them in their spot 18m+
- Pulls off socks independently 18m+
- Pulls up/down pants with elastic waist 2yr+
- Puts on shoes (velcro or slip-on) 2yr+
Offer left/right dot stickers to help
- Puts on a coat or jacket independently 2.5yr+
- Unzips and zips a zipper 3yr+
- Buttons large buttons 3.5yr+
Start with 2-3 large buttons
- Buttons small buttons 4yr+
- Buckles a belt or shoe strap 4yr+
- Ties shoelaces independently 5yr+
Offer wooden lacing boards first
- Selects weather-appropriate clothing 4yr+
Limit to 2 choices if helpful
- Folds and puts away clothing 4yr+

● Personal Hygiene

- Washes hands with soap and water 18m+
Step stool at sink supports independence
- Dries hands with a cloth or towel 18m+
- Blows nose and disposes of tissue 2yr+
- Brushes teeth with adult support 2yr+
- Brushes teeth independently 4yr+
Demonstrate slowly, let them mirror
- Brushes or combs own hair 3yr+
- Washes face with a warm cloth 3yr+
- Uses the toilet independently 2.5yr+
- Manages clothing before and after toilet 3yr+
- Bathes with minimal assistance 4yr+

● Rest & Transitions

- Gets in and out of low bed independently 18m+
- Retrieves and puts away sleeping mat or blanket 2yr+
- Signals readiness for rest without crying 2yr+
Respect their natural sleep cues
- Puts on pyjamas with minimal help 3yr+

Care of Environment

Nurturing a sense of ownership, order, and responsibility

● Cleaning & Tidying

- Returns materials to their place after use 18m+
Model consistently — return with them at first
- Wipes a table or surface with a sponge or cloth 18m+
- Sweeps small spills with a brush and dustpan 2yr+
Offer a child-sized set
- Uses a mop or floor cloth on small messes 3yr+
- Sweeps a larger area with a child broom 3yr+
- Dusts shelves or surfaces with a cloth 3yr+
- Sorts items for rubbish and recycling 3.5yr+
Colour-coded bins help enormously
- Polishes wooden or metal surfaces 3yr+
Olive oil + cloth on wooden objects
- Cleans a mirror with spray and cloth 4yr+
Use a dilute vinegar spray
- Makes their floor bed or bed with support 3yr+
- Makes bed independently 5yr+
- Organises and tidies their own space 4yr+

● Laundry & Clothing Care

- Places dirty clothes in the laundry basket 18m+
- Sorts clothing by colour (lights and darks) 3yr+
- Folds face cloths and small towels 2.5yr+
Start with folding in half
- Folds a shirt or pair of trousers 4yr+
The KonMari fold works beautifully
- Hangs clothing on low pegs or rail 3yr+
- Matches and pairs socks 3yr+
- Puts away folded clothing in drawers 3yr+

● Plant & Animal Care

- Waters a plant using a small pitcher 18m+
Use a small pitcher — not a watering can
- Removes dead leaves from plants 2yr+
- Polishes broad leaves with a damp cloth 3yr+
- Helps plant seeds in soil 3yr+
- Feeds a pet with guidance 2.5yr+
- Replenishes a pet's water dish 3yr+

Food Preparation & Grace and Courtesy

Real work, real relationships, real life

● Food Preparation

- Peels a banana or mandarin 18m+
- Tears lettuce or herbs by hand 18m+
- Pours water from a small pitcher into a cup 18m+
Use a small, light pitcher with a handle
- Spreads butter or avocado with a round knife 2yr+
- Cuts a soft banana with a child-safe knife 2yr+
Crinkle cutters are great for beginners
- Washes fruit and vegetables under the tap 2yr+
- Juices a citrus fruit with a press 2.5yr+
- Grates soft cheese or cooked carrot 3yr+
Hold grater stable — supervise closely
- Cracks an egg into a bowl 3yr+
Two-bowl method reduces shell fragments
- Measures and pours dry ingredients 3yr+
- Stirs and mixes batter or salad 3yr+
- Uses a peeler on carrots or cucumbers 4yr+
Supervise — model the direction carefully
- Sets the table with all items in correct place 3yr+
- Clears and wipes their place at the table 2yr+
- Washes dishes in a small tub with soap 4yr+
- Dries and stacks dishes with care 4yr+
- Prepares a simple snack independently 4.5yr+
- Follows a simple 2–3 step recipe with a picture guide 5yr+

● Grace and Courtesy

- Says please and thank you naturally in context 18m+
Model warmly — never demand it
- Greets others with a wave, smile, or hello 18m+
- Waits without interrupting (with a hand signal) 2yr+
Teach the hand-on-wrist signal
- Asks to join a group or activity 3yr+
- Offers help to another person 3yr+
- Walks carefully around others' work 2yr+
- Uses an indoor voice in calm spaces 2.5yr+
- Listens without interrupting during a story or talk 3yr+
- Holds a door open for others 3yr+