

5 tips to bring
Montessori
into your home



There are numerous websites which will sell you the “Montessori dream” with expensive purchases and huge investments.

We believe that Montessori in essence should be accessible for all.

Here are Rozey Days top five tips to help prepare your environment.



THE ROZEY DAYS TEAM

TIP #1

Independent Dressing Station

The easiest and cheapest way to do this is to remove the doors from your child's existing cupboard and to lower the rail so that they can reach for their clothes.

Ensure that their choice is limited, seasonal and appropriate. That way your child is given the choice to choose their own clothing for the day without compromising their independence!

Something like this:



TIP #2

Self Care Station

Creating an independent self-care station is much simpler than it sounds.

Great for practicing all of those essential practical life activities such as blowing noses, brushing your teeth etc. All you need is a low table, a mirror at an appropriate height, a box of tissues, a bin, a bowl for water and your child's toothbrush and a hairbrush.



Ideally this will be in your bathroom but can easily be in their bedroom if space is an issue in the family bathroom. Battles to get teeth brushed are less likely when your child has their own space where everything is laid out for their needs. The picture above is an example of how this can look.

TIP #3

The Floor Bed

Whether you are transitioning from co-sleeping or continuing your co-sleeping journey, a floor bed makes for a better night sleep all around.

Some of the “Montessori beds” online are extortionately priced. The same result can be achieved with a mattress on the floor (ensuring that you have slats underneath the mattress to ensure that the mattress can be ventilated adequately). This allows your child to come in and out of bed independently without the worry of falling from toddler beds or having to put on bed guards. Also you can use a double mattress to continue enjoying co sleeping and breastfeeding.

See below for an example of what this can look like....



TIP #4

Independent Snack Preparation

This is in fact the simplest addition to your home. All you need is a child height table, fruit child safety knives and a container for crackers or rice cakes etc.

You can take this further by making one of your cupboards entirely child friendly by only placing approved snack items in there that your child can access when they need to. Some parents worry that their child will eat constantly but children will learn to regulate their appetite over time if they are given the freedom to select their snack as and when they require it. If you are worried about portion control you could pre measure the snacks using appropriate containers as shown below.



TIP #5

Grown-Up Eating & Drinking

Use real kitchen utensils, glass cups, and plates!

Search charity shops for beautiful glasses and plates. You'll find great deals. Furthermore, in the event, as children are learning grace & courtesy, an accident occurs you won't feel too guilty about it.

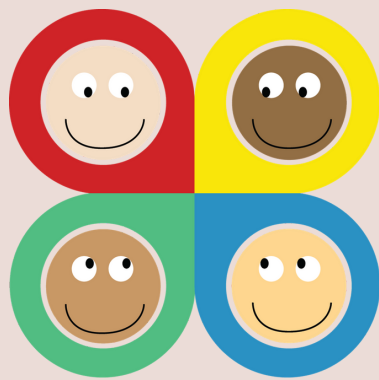


BONUS TIP

Simplify Your Space

Dr. Montessori emphasised a neat and orderly environment. Make your home reflect the same. Less is More.

Rotate toys, books, stuffed animals in your child's space. Anything visually overstimulating that has been bothering you for while? Recycle or give it away! This can be tricky to achieve and so it may fall on you to rotate your child's toys until they are old enough to learn about recycling toys or gifting them to someone at age (around 4 years plus)



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