Little Cosmos

FREE GUIDE

FOR THE WHOLE FAMILY

Montessori for Every Age

A room-by-room checklist for a home where everyone, from toddlers to grandparents, can do things for themselves.

The principles that help a young child also help a five-year-old, a busy parent or an older relative. In every room, ask the same question: can each person here find what they need, use it themselves, and put it back?

Before you begin

1. **Observe first.** Watch how each person uses a space before you change it. Prepare for what they need now, not what their age says.
2. **Put it within reach.** Store everyday things where the person using them can get them without asking: a low hook for a child, a waist-high shelf for someone who can't bend.
3. **Give everything a place.** The same place, every time. Order outside helps people feel calm and capable inside.
4. **Use real tools that work.** Real cups, knives and cloths, sized and weighted for the hands using them, so each job can be done well.
5. **Keep less.** When there are too many things, the home controls the people in it. Fewer things, cared for, means everyone can tidy up.

HOW TO USE THIS CHECKLIST

Walk through your home with each person who lives there in mind. Tick what is already in place, then circle one thing to change this week.

Room by room

Each room should work for everyone who uses it. Most of these changes cost little or nothing: lower a hook, clear a drawer, move a basket.

Entrance

- [ ] A hook and a place for shoes at the height of each person who uses them.
- [ ] A bench or stool, so anyone can sit to put shoes on and take them off.
- [ ] One basket or tray for keys, hats and bags, always in the same place.

Kitchen and mealtimes

- [ ] Everyday plates, cups and cutlery in a low drawer or cupboard that anyone can reach.
- [ ] Real tools that work: a small jug, a child-safe knife, a cloth for spills.
- [ ] A step stool for the counter, and snacks and water people can serve themselves.

Bathroom and self-care

- [ ] Toothbrush, towel and mirror within everyone's reach, with a stool for children and a grab rail for anyone unsteady.
- [ ] Soap and a small cloth, so anyone can wipe the sink after use.
- [ ] A laundry basket close to where people get undressed.

Bedroom and dressing

- [ ] Clothes for the day where the person can reach them, with a small choice rather than everything at once.
- [ ] A chair or stool to sit on while dressing.
- [ ] Easy fastenings for small or less nimble fingers: elastic waists, pull-on tops, Velcro shoes.

Living together

A prepared home is also about how people share it: the work, the space, the day and the way they treat each other.

Caring for the home

- [ ] A real job for everyone: plants, the table, the laundry
- [ ] Cleaning tools in a set place, sized for each hand
- [ ] Each job kept together on a tray or in a basket

Moving safely

- [ ] Clear paths, with nothing to trip over
- [ ] Furniture light enough to move, or anchored if it could tip
- [ ] Time outdoors every day

Grace and courtesy

- [ ] Greet, thank and apologise as you hope others will
- [ ] Show how: move slowly, carry one thing at a time
- [ ] Get to eye level and listen fully

Daily rhythm

- [ ] A predictable shape to the day
- [ ] Time to finish what is started
- [ ] Choices within limits: this one or that one

YOU ARE THE MODEL

Everyone learns most from how the people around them live. Move slowly, speak kindly, put things back and join in the work. If we rush and then ask others not to, the message is lost.

“Help me do it myself.”

Not sure where to start? Book a free 30-minute session and we'll look at your home together, in person in Taipei and Hong Kong or online anywhere.

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