

# We are Independent

Intent	Implementation	Key Text	Impact
	<p><b>Shoes/Coats:</b> Supporting/showing them how. Putting wellies on. Putting on their own art apron</p> <p><b>Potty/ Toilet training:</b> Dolly and the potty Potty and toilet books to share with parents</p> <p><b>Oral Hygiene:</b> Stories/Text Washing the dinosaurs' teeth Local visit to dentist</p> <p><b>General Hygiene &amp; Health eating:</b> Demonstrate role model hand washing. Send healthy eating at home. Setting table/ Washing up after lunch Talk at lunch time about healthy foods. Offer healthy foods at snack. Wiping own face and hands before and after meals Pouring own water using the self service station.</p> <p><b>Enjoys risk play:</b> Climbing trees Using loose part (large outside) Outing walks in the village. Using hammers, self serving at snack and meals Playdough tools Loose parts (small) Cutting own fruit/ using knives to spread butter Using public transport on outings <b><u>Have a strong sense of self and wellbeing</u></b></p>	<p>*Getting dressed</p> <p>*Why do we go to the dentist/How we brush our teeth.</p> <p>*Germs in the environment</p> <p>*Healthy body and mind</p> <p>* Asking for help</p> <p>*How things work/move?</p> <p>* Using tools safely</p> <p>* Rainbow drops series</p>	<p><b>Milestone one (By the time they are 2 years old) (Range 2-3)</b></p> <ul style="list-style-type: none"> <li>- Watch. Follow and imitate each other.</li> <li>- Explores tooth brushes, helps adult to brush teeth.</li> <li>- Develops own likes/dislikes in food.</li> <li>- Helps with routine rituals – washing hands.</li> <li>- Climbs inside, underneath, into corners and between objects.</li> </ul>
			<p><b>Milestone two (By the time they are 3 years old) (Range 3-4-5)</b></p> <ul style="list-style-type: none"> <li>- Able to help with and increasingly put on and take off simple clothing independently.</li> <li>- Develops independence with self-care and shows awareness of routine such as hand washing , often needs adult support. Talks about cleaning teeth</li> <li>- Beginning to recognise danger and seeks support from adult.</li> <li>- Understands and begins to regulate emotions</li> </ul>
			<p><b>Milestone Three (By the time they are 4 years old) (Range 5-6)</b></p> <ul style="list-style-type: none"> <li>- Dresses with help</li> <li>- Can eat nicely, to the toilet independently, brush teeth with little support and starting to understand the importance of those.</li> <li>- Shows increasing control in holding, using and manipulation a range of tools, jugs, hammers.</li> <li>-</li> </ul>

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