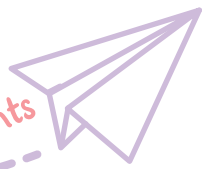


# 1 to 2-Year-Olds I Can Milestones and Activity List for Parents

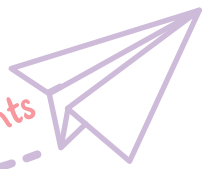


These milestones are based on the current objectives for children of this age. If your child is in a nursery setting, working with a childminder or in any educational setting, they will be working towards these objectives.

		Milestone	Suggestions
Communication and Language	<input type="checkbox"/>	I can express my thoughts, feelings, likes and dislikes using simple words and actions.	Support your little one in expressing how they're feeling by naming and describing different emotions.  Suggested activity: <a href="#">DIY Peek-a-Boo Book</a>
	<input type="checkbox"/>	I can engage in a conversation, usually jumping from topic to topic.	Tune into your baby's interests and join in with their play, allowing plenty of time for them to explore and express their lines of thought in depth.  Suggested activity: <a href="#">Look and Find</a>
	<input type="checkbox"/>	I can understand simple questions about 'who', 'what' or 'where'.	Give your toddler lots of time to process what you say when you're talking to them so they're able to think about what you've said or asked before they reply.  Suggested activity: <a href="#">Laundry Language</a>
Myself, Relationships and Emotions	<input type="checkbox"/>	I can show or tell you that I want to do something independently and let you know when I need help.	Practice patience when your little one is trying new things – it can be really tempting to jump in and help them a bit too soon. Help them become independent by smiling and encouraging them to try.  Suggested activity: <a href="#">Treasure Basket</a>
	<input type="checkbox"/>	I can show you how I'm feeling and express a range of emotions.	Model using words like sad, happy, excited or worried so that your toddler can hear them in context. Show warmth and affection when they struggle with big emotions to show them that they're emotionally safe with you.  Suggested activity: <a href="#">Sharing a Story</a>



		Milestone	Suggestions
Physical Development	<input type="checkbox"/>	I can walk independently, using props for support if I need to.	<p>Provide different opportunities for your toddler to explore movement and travel (e.g. tunnels, soft play or little climbing frames) to encourage large movements and support their gross motor development.</p> <p>Suggested activity: <a href="#">Bubble Run</a></p>
	<input type="checkbox"/>	I can clap, stamp and move to music.	<p>Listen and move to different types of music, joining in with your toddler as they move and dance.</p> <p>Suggested activity: <a href="#">Animal Actions</a></p>
	<input type="checkbox"/>	I can explore and move around in smaller spaces like tunnels, dens and larger cardboard boxes.	<p>Provide a broad range of moveable resources and encourage indoor and outdoor play with different opportunities to explore movement.</p> <p>Suggested activity: <a href="#">Scoop, Stack, Sort, Squiggle</a></p>
Reading, Writing and Stories	<input type="checkbox"/>	I can show or tell you my favourite books and seek them out to share or read independently.	<p>Collect a wide range of high-quality books for your toddler to explore, and provide them with the time to look at books in depth. Becoming familiar with their favourite stories is really beneficial to their development, so don't worry if they reach for the same book again and again!</p> <p>Suggested activity: <a href="#">Nursery Rhyme Time</a></p>
	<input type="checkbox"/>	I can notice print in the environment, such as a door number or a familiar logo.	<p>Point out print when you're out and about together – road signs, shop names and menus are all good examples which demonstrate that print carries meaning.</p> <p>Suggested activity: <a href="#">Bathtime Fun</a></p>



		Milestone	Suggestions
Number, Shape and Measures	<input type="checkbox"/>	I can use numbers and counting-like behaviour in my play.	Embed counting into your routines – count the peas on their plate, the teddies on their bed or their fingers and toes.  Suggested activity: <a href="#">One Banana, Two Banana</a>
	<input type="checkbox"/>	I can play with inset puzzles and build with blocks.	Exploring inset puzzles and jigsaws and constructing with blocks are really beneficial to your toddlers understanding of shape, space and measure. Model exploring which piece fits into which space, using language such as 'big', 'small', 'shape' so they can hear maths-related vocabulary in practice. Build towers, houses and buildings together too – it's a learning experience even when they fall down!  Suggested activity: <a href="#">Tumbling Towers</a>
Discovering the World	<input type="checkbox"/>	I can explore natural phenomena with interest.	Explore, explore, explore! Walks in the woods, trips to the park, hunts in the garden – there is so much for your toddler to learn. Splash in muddy puddles, look for minibeasts or collect shells at the seaside to support your little one's curiosity and respect for the world around them.  Suggested activity: <a href="#">Sticky Pictures</a>
Arts, Crafts and Music	<input type="checkbox"/>	I can use and play different resources and instruments to make different sounds.	Provide a range of resources from around your home or garden and let your little one get to work! Pebbles in old water bottles, sticks on fences – there are so many ways to explore sound.  Suggested activity: <a href="#">Face to Face</a>