

Birth to 1 Year I Can Milestones and Activity List for Parents



	Milestone	Suggestions
Communication and Language	<input type="checkbox"/> I can respond to familiar noises and can turn towards my name and other familiar sounds.	Familiarise your baby with their name by using it whenever you speak to them. Speak with expression and exaggerated intonation to capture their attention, and respond to them warmly with genuine interest. Suggested activity: What's That Sound?
	<input type="checkbox"/> I can copy facial movements and expressions, gaze at faces and engage in eye contact.	Use your baby's name and speak in a sing-song voice to capture and hold their attention Suggested activity: Bonding Time
	<input type="checkbox"/> I can recognise and use some words.	Chat to your baby, allowing them time to listen and respond to what you say. Allow your baby to lead the conversation sometimes – even if it's just with a sound or a look! Expand on what they say – if they point to a car, say 'yes, there's a blue car!'. Suggested activity: My Turn, Your Turn
	<input type="checkbox"/> I can participate in conversations by taking turns, babbling and exploring speech and lip movements.	Allow your little one time to respond when you talk to them. Play turn-taking and action games, encouraging them to join in with words and actions. Suggested activity: Puppet Play
Myself, Relationships and Emotions	<input type="checkbox"/> I can find comfort in those familiar to me, and I'm becoming confident when playing with other babies.	Offer comfort and reassurance when your baby needs you, but encourage them to explore indoor and outdoor environments and to socialise with their peers. Suggested activity: Guess Who?
	<input type="checkbox"/> I can express my likes, dislikes and preferences with gestures like shaking my head or pointing.	Show an interest in what your baby does to support their growing confidence. Engage in mirror play so they can study their reflection and provide opportunities for your baby to make a choice – would they like strawberries or yoghurt for dessert? Would they like to read a book about farm animals or a book about cars? Suggested activity: Mirror, Mirror on the Floor



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Myself, Relationships and Emotions	<input type="checkbox"/> I can handle transitions confidently, such as going to nursery or my grandparents' house.	Support your baby as they explore their emotions. Consider providing a special object from home when they're away from you, and try to embed predictable, consistent routines. Suggested activity: If You're Happy and You Know It
Physical Development	<input type="checkbox"/> I can push up when I'm on my tummy.	Enjoy tummy time together and provide opportunities for your baby to explore kicking on their back. Suggested activity: Tum to Tum
	<input type="checkbox"/> I can roll over from back to front and front to back.	Continue to encourage your little one to engage in tummy time and back time, using objects of interest to motivate them. Suggested activity: Roll 'n' Grab
	<input type="checkbox"/> I can reach out for my spoon and bring it to my mouth.	Model bringing your spoon to your mouth to encourage your baby to copy you. Provide open-ended materials and resources to support hand-eye coordination. Suggested activity: Teddy Bears Picnic
	<input type="checkbox"/> I can move in different ways, such as crawling or shuffling.	Encourage your baby to explore different movements – climbing, rocking or bouncing for example. Suggested activity: Hide and Seek
Reading, Writing and Stories	<input type="checkbox"/> I can pay attention to the words and pictures in stories.	Provide a wide range of stories to explore together, and a cosy corner to read them in! Suggested activity: Little Library
	<input type="checkbox"/> I can explore making marks with pencils, crayons and other mark-making materials.	Provide opportunities for your baby to make marks – you could explore handprints, colouring pages, playing in the sand or painting the fence with water. Suggested activity: Little Painter



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Number, Shape and Measures	I can play with stacking or nesting toys such as blocks or cups.	Include number, shape and measure in your everyday conversations, counting aloud and using vocabulary such as 'big' and 'small'. Suggested activity: Maths Mountain
	I can listen to and take part in action songs with numbers.	Sing counting songs such as 5 Little Ducks to reinforce number patterns. Suggested activity: Messy Frog Count
Discovering the World	I can explore natural indoor and outdoor materials.	Provide open-ended materials which enable your baby to explore different textures, sounds, smells and tastes. Suggested activity: Baby Explorer
Arts, Crafts and Music	I can explore sound and music, responding physically and emotionally.	Provide your baby with regular opportunities to explore singing, musical games and musical instruments. Play and make music with different volume, tempo, pitch and rhythm. Suggested activity: Songs and Snuggles

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.