

3 to 4-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 at a nursery or pre-school setting, they will be working towards these objectives. You can help your child at home by following some of these suggestions and activities.

		Milestone	Suggestions
Communication and Language	<input type="checkbox"/>	I can understand instructions with two parts, such as 'Tidy your toys and wash your hands'.	Share books with more complex sentence structures and provide a language-rich environment at home with posters, magazines, recipes and other forms of print. Suggested activity: Simon Says
	<input type="checkbox"/>	I can understand and answer 'why' questions.	Offer your little one new experiences and things to investigate to prompt them to ask questions, encouraging them to talk about their ideas and explain new vocabulary. Suggested activity: What's in the Bag?
	<input type="checkbox"/>	I can use longer sentences consisting of four to six words.	Expand on what your child says, adding new language where possible. For example, if they say 'Going in the car', you can say: 'Yes, we're going to Grandma's house in our blue car'. Suggested activity: Retell a Traditional Tale
	<input type="checkbox"/>	I can sing lots of songs and know many rhymes.	Continue to explore new and familiar songs and rhymes together so your little one can learn favourite songs in depth while being exposed to new melodies and vocabulary. Suggested activity: Nursery Rhyme Karaoke

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 However, please be aware that every child is different and information can quickly become out of date.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.



		Milestone	Suggestions
Myself, Relationships and Emotions	<input type="checkbox"/>	I can play with my friends, working together to extend play and share ideas.	<p>Involve your child in making some decisions, such as what to write on the shopping list or which film to watch together, to provide them with the opportunity to express their thoughts, solve problems and make choices. Provide play opportunities which require team work and co-operations so you can model compromise and conflict resolution.</p> <p>Suggested activity: Don't Pop the Balloon</p>
	<input type="checkbox"/>	I can follow and remember some rules and understand why they're important.	<p>Discuss the rules that you've established inside and outside of your home, explaining how they keep you safe. Implement visual reminders, using photos where possible.</p> <p>Suggested activity: Ready, Set, Rules!</p>
	<input type="checkbox"/>	I can talk about how I'm feeling and use emotive language.	<p>Talk about your own feelings in everyday conversations – 'I feel excited to spend time with you this weekend' or 'I feel a little bit tired after that big walk'. Model ways that you can calm yourself down or cheer yourself up, such as taking deep breaths or reading your favourite story.</p> <p>Suggested activity: Mood Monsters</p>
Physical Development	<input type="checkbox"/>	I can balance, skip, hop, climb and ride scooters, trikes or bikes.	<p>Encourage your child to explore a range of movements which require small and large motor skills and challenge and enhance their development. Climbing frames at the park or an obstacle course in the garden are the perfect opportunity for them to take risks and explore new movements.</p> <p>Suggested activity: Outdoor Obstacle Course</p>
	<input type="checkbox"/>	I can manipulate and control tools and writing implements, showing preference for a dominant hand.	<p>Support your child where needed with hand-over-hand help, but gradually reduce your input so they can learn how to handle tools and writing implements independently. Encourage your little one to use the tripod grip when writing, pinching their pencil between the ball of their thumb and their forefinger, supported by their middle finger.</p> <p>Suggested activity: Watercolour Writing or Simple Scissor Skills</p>



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Reading, Writing and Stories	<input type="checkbox"/>	I can show an understanding that print carries meaning, that we read from left to write and top to bottom and that different parts of books have different names.	Expose your child to a broad range of print, explaining their different functions. You could look at road signs, menus or recipes, logos or instructions. Draw your little one's attention to the different parts of the books you read and model reading from left to write and top to bottom. Suggested activity: Jumbled Up Story
	<input type="checkbox"/>	I can write some letters and I can write some or all of my name.	Provide a really broad range of writing opportunities around your home and outdoor space – clipboards with blank paper or little notebooks for example. Support your little one in learning how to form letters – if they're struggling, work on their fine motor development with activities such as threading beads or manipulating dough. Suggested activity: Graffiti Writing
Number, Shape and Measures	<input type="checkbox"/>	I can say one number for each item I'm counting, and I can recite numbers past 5.	Take advantage of every opportunity to count – count toys as you tidy them, count how many times you brush your hair or count flowers at the park. Suggested activity: Super Subitising
	<input type="checkbox"/>	I can talk about 2D and 3D shapes, using their names and words like 'sides', 'corners' 'straight' and 'round' to describe them.	Point out shapes in different environments – a circular roundabout or a rectangular TV. Use blocks, puzzles and shape-sorters to increase exposure and initiate discussion. Suggested activity: 2D Shape Picture
Discovering the World	<input type="checkbox"/>	I can explore different materials with all my senses and talk about their properties and what I can see.	Collect interesting materials such as bark, leaves and seeds for investigating – you could use a magnifying glass or a magnifying app and model observational skills by saying 'I've noticed there are different patterns on these leaves'. Suggested activity: Leaf Rubbings
Art, Crafts and Music	<input type="checkbox"/>	I can construct imaginative and complex small worlds to use in my play.	Provide a range of flexible, open-ended materials for play – large boxes, old sheets or scarves for example. Suggested activity: Pretend Play