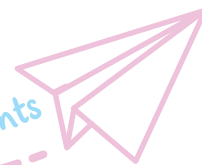


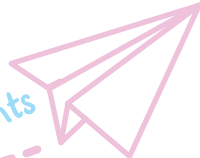
2 to 3-Year-Olds I Can Milestones and Activity List for Parents

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 longer sentences, such as 'wash your hands' or 'find your shoes'.	Share books everyday to introduce new vocabulary and encourage your little one to talk about the pictures and the story. Model making comments such as: 'I think she's feeling a little bit sad' or 'I wonder what the elephant is going to do next'. Suggested activity: Make a Match
	<input type="checkbox"/>	I can engage in imaginative play and tell you what I'm doing, such as 'feeding my baby' or 'driving my car'.	Allow your child time to immerse themselves in their play, rather than rushing from one activity to the next. Provide props to enhance their play, such as a bottle to feed their doll or a cardboard box to make a car. Suggested activity: The Telephone Game
Myself, Relationships and Emotions	<input type="checkbox"/>	I can notice and ask about our similarities and differences, such as hair, skin or eye colour, gender or additional needs.	Support your little one in developing a positive awareness towards diversity and ensuring everyone feels included and valued. Suggested activity: Emotions Puzzle
	<input type="checkbox"/>	I can show control and patience when sharing or waiting for something, and I'm continuing to gain independence.	Offer comments such as: 'I know it's difficult to wait but I can see that you're being really patient'. Praise their efforts to be independent, reiterating that you're there if they need you. Suggested activity: I Can Do It!
	<input type="checkbox"/>	I can use the toilet with support or independently.	Look out for signs that your little one is ready to start using the toilet, such as commenting on their nappy or noticing when they need a wee. Suggested activity: How Do You Feel Today?



		Milestone	Suggestions
Physical Development	<input type="checkbox"/>	I can move by walking, running, jumping and climbing, and I'm starting to climb stairs independently.	Provide opportunities for your child to take risks, such as navigating age-appropriate climbing frames, when they feel confident and able, emphasising that they should stop if they don't feel safe. Suggested activity: Obstacle Course
	<input type="checkbox"/>	I can use my fine motor skills to manipulate pens, pencils, scissors, buttons or zips, for example.	Encourage fine motor movements with colouring, cutting, puzzles or modelling dough to strengthen the muscles in your little one's hands. Suggested activity: Making a Mark
Reading, Writing and Stories	<input type="checkbox"/>	I can happily draw freely and sometimes offer meaning to my marks, such as 'That's my mummy' or 'That says my name'.	Offer sensory experiences to make marks, such as drawing in sand or painting with water. Provide different materials, such as chalk, paint, pens or crayons for your little one to explore, too. Suggested activity: Painting and Pegs
	<input type="checkbox"/>	I can develop imaginative play based on my favourite books and stories.	Provide a comfy, cosy and inviting space for sharing books, and resources such as puppets, costumes and props to bring those stories to life. Suggested activity: Pretend Play
Number, Shape and Measures	<input type="checkbox"/>	I can notice patterns and arrange things in patterns.	Draw your child's attention to patterns in the environment – polka dot dresses, stripy bedding, checked curtains. Provide smaller objects, such as shells, bobbins and buttons to explore repeating patterns. Suggested activity: Pretty Patterns
	<input type="checkbox"/>	I can use language such as 'bigger', 'smaller', 'tall' or 'heavy' to describe things.	Incorporate language relating to size, shape and weight in your everyday conversations, such as when you're sorting the washing or organising the shopping. Suggested activity: Monster Mix Up



		Milestone	Suggestions
Discovering the World	<input type="checkbox"/>	I can notice differences between people and make connections between my family and other families.	<p>Point out similarities and differences between you and your little one and embed a really positive attitude towards both. Share books which show diversity and highlight the importance of empathy, acceptance and inclusivity.</p> <p>Suggested activity: Old Toys</p>
Art, Crafts and Music	<input type="checkbox"/>	I can take part in and enjoy action songs and nursery rhymes.	<p>Introduce a broad selection of songs and rhymes from different cultures and languages. Sing songs regularly so your little one can learn the words, tunes and actions.</p> <p>Suggested activity: Copy Me</p>