

GROWING INDEPENDENCE SKILLS



Using the
toilet and
washing
hands

Drawing,
painting,
colouring and
sticking

Exploring
the world
around them

Using
cutlery

Putting on
& taking off
their coat and
shoes



Sharing story
books with
caregivers, looking
at pictures and
talking about the
characters

Able to
spend time
away from
you

Taking part
in imaginative
play

Getting
dressed with
little help



**Starting
Reception**



BUILDING RELATIONSHIPS & COMMUNICATION

Listening
to/following
simple
instructions

Beginning
to recognise
what other
people are
feeling

Sharing and
taking turns
with others

Looking at story
books together and
talking about how
the characters are
feeling

Talking
about how
they are
feeling and
why

Showing they
need help by
speaking clearly (in
basic english/sign
language)

Carrying on with
a task even when
it's difficult and
bouncing back if
things go wrong

Singing along
with songs and
nursery rhyme

Paying
attention for
short periods
of time

Recognising
the pattern
of their
name

Talking to
others about
activities,
experiences and
the world around
them

Encouraging
them to set
boundaries for
themselves and
others



HEALTHY ROUTINES

...zzzz



Going to bed
around the same
time each night,
waking up in time
to get ready
for school

Brushing their
teeth with fluoride
toothpaste twice a
day (you'll need to
supervise this until
they are at
least 7)

Eating a
healthy diet
and trying
new foods

Limiting screen
time to the
recommended
daily amounts



PHYSICAL DEVELOPMENT

Walking up and
down steps (one
foot at a time,
using the wall for
support)

Get moving
for around 3
hours per day
if you can

Catching a
large ball
(most of the
time)

Doing simple
puzzles and craft
activities,
strengthening their
grip with cutting
and sticking

Climbing,
running,
jumping and
playing

