**Self-Care and independence**

Demonstrate understanding by the use of objects eg. Brush.

Quickly finds toys hidden.

Drinks well with a lidded cup.

Hold spoon and will attempt to use for feeding.

Munches pieces of food at side of mouth

Sits, or stands, without support while dressed by carer.

Helps with dressing by holding out arm for sleeve and foot for shoe.

Climb and squeeze themselves

into different types

of spaces.

Combine objects by stacking blocks and cups. Put objects inside others and take them out again.

Explore their voices and enjoy making sounds.

Explore a range of soundmakers and instruments.

Anticipate phrases and actions in rhymes and songs, like ‘Peepo’

Show attention to sounds and music.

turn and look when I

hear my own name.

touch and explore books and I enjoy being read to.

seek contact with  
other people and enjoy   
 being with them.

engage with images and sounds I see and hear around me.

recognise some familiar spoken words, gestures and sounds.

create facial

expressions and

move my body to

match other's movements.

open my mouth for a spoon.

repeat actions

that have an effect.

make my own sounds when

spoken to, such as 'baba' and 'gogo'.

use my senses to

explore a range of materials, sounds and

whole-body movements.

respond

to emotions and feelings  
 shown by   
 others.

use

my senses  
 to engage with   
 others and   
 objects, such

as looking at

faces or following   
 movement.

anticipate  
 food routines.

use my voice, gestures, eye contact

and facial expressions to communicate my needs

to others.

pick up objects and explore them

with my mouth.

hold up my own head.

belly

crawl to move

backwards

and

forwards.

make more controlled movements with my arms and legs.

react to significant changes in

amounts.

reach for, touch, hold and release

objects.

turn my head towards a familiar sound and can

accurately locate a range of different sounds.

roll over onto

my side and also onto my front.

use my   
 arms to   
 indicate when  
 I would like to   
 be picked up   
 and cuddled.

quieten   
 or respond   
 to speech sounds using

gestures or actions.

seek comfort  
 from familiar adults.

copy  
 facial  
 expressions   
 and imitate sounds

I hear.

be  
 soothed  
 or calmed  
 by a

familiar adult's   
 presence,

voice or

touch.

show a range

of emotions.

sit   
unsupported

on the floor   
 and use

my hands   
 to explore

objects.

recognise my  
close carers.

**Birth to One**