

# 1. To be happy, independent and confident

## Milestone 1.1

The child starts to see themselves as a separate person. i.e. do they decide what to play with?

## Possible sequence of learning:

- Forms a strong attachment to a familiar adult
- Clings tightly in affection, fatigue or fear
- Engages with others through gestures, gazes and talk
- Feels safe and secure within the environment
- Shows a preference for play
- Explores environment, although may check in regularly with a familiar adult
- Resentful of adults' attention to others
- Unable to wait for wishes to be met
- Resists when told 'no' or 'stop'
- May tantrum when frustrated
- Unable to share
- Communicates likes and dislikes, wants and needs using gestures and/ or utterances
- Recognises belongings
- Plays quite contently near other children but not with them
- Begins to self-regulate with support from an adult
- Begins to understand and respond to routines and boundaries
- Asks for food and drink
- Puts on and takes off simple clothing
- Verbalises toilet needs in reasonable time
- Begins to join in play with others
- Intensely curious regarding environment with little understanding of common dangers
- Expresses preference and decisions, willing to try new things without relying solely on adults
- Copies familiar adults and imitates domestic activities
- Spontaneously engages in make believe and takes on simple roles in play
- Seeks out others to share experiences
- Initiates play and responds to what others are saying or doing
- Demonstrates friendly behaviour
- Plays with a wider range of activities and plays for longer periods of time
- Plays collaboratively with others
- Pretend play is extended

## Milestone 1.2

The child starts to tolerate the company of other children and needs adult support to model interactions and play.

## Milestone 1.3

The child sometimes manages to share and take turns with others with adult guidance and understands 'yours' and 'mine'  
The child can settle to some activities for a while.

#### Milestone 1.4

The child is beginning to let other join their play. The child takes part in pretend play i.e. moving from familiar roles to imaginative roles.

The child can negotiate solutions to conflicts in their play.

- Shows 'effortful control' i.e. resisting a strong impulse to grab what they want
- Verbalises wishes, needs and feelings
- Begins to understand how others are feeling
- Achieves a goal that they have chosen
- Engagement and perseverance grows
- Challenges themselves with more difficult activities or respond positively to adults challenging them
- Reflects on their learning and comments on their thinking
- Eats skilfully, washes and dries hands, toilets independently, dresses and undresses
- Engages in dramatic make believe play and dressing up favoured
- Shows sense of humour in talk and activities
- Understands the need for turn taking and sharing
- Shows concern and sympathy for playmates in distress and actively seeks help
- Is able to self-regulate

#### Final Milestone

The child can understand their own feelings and those of others, with support the child can manage their own emotions. The child has a positive sense of self which enables them to set simple goals. The child has confidence to persist at what they want. The child can look after their body, managing their own personal needs. The child, can make good friendships, and with support, cooperates and resolves conflicts peaceably.