

Argyll and Bute Developmental Milestones Toolkit : Stage One

- **SAFE**
- **HEALTHY**
- **ACHIEVING**
- **NURTURED**
- **ACTIVE**
- **RESPECTED**
- **RESPONSIBLE**
- **INCLUDED**



Argyll and Bute Developmental Milestones : Stage One : Safe (SHANARRI)

Sensory Development

Social, Emotional & Behavioural

I feel safe and secure to be left with trusted adults. I communicate if I am upset. I can say why I am upset.

Cognitive Development

I understand some dangers such as fire, water, electricity and sharp tools. I can give one idea about keeping safe in a variety of simple situations.

Speech & Language

I can ask for help. I can talk about keeping safe with support from adults. I can follow basic instructions to help keep myself safe as situations occur e.g. 'don't stand on that chair' but may not yet be able to apply this to other situations.

Gross Motor

I can safely explore my environment and am developing an understanding of my capabilities. I can walk up and down stairs, one foot on each step.

Fine Motor

I can follow simple safety rules for scissors, knives, small beads etc. I am becoming aware of the danger of some small objects.

Attention Development

Hearing & Vision Development Partnership Working

I am safe:

1. I know that I will not be harmed at home or at nursery.
2. The people who care and teach me explain how I can protect myself from harm.
3. I am not scared when I am out and about in my local community.
4. I know a few things that are risky or dangerous and I try to stay away from them.
5. The people who care for me know whom I am with and where I am when I go out.



Learning at home:

1. Make 'Danger' signs to put up around the house with your child.
2. Play 'follow the instruction' games – Simon Says, Snap, Lego.
3. Take the time to explain to your child why water, fire, electricity etc is dangerous.
4. Talk to your child about safe places to play.

Keep Safe Together!



Argyll and Bute Developmental Milestones : Stage One : Healthy (SHANARRI)

Sensory Development

Social, Emotional & Behavioural

I enjoy life in the company of others.
I am learning about what I need to keep me healthy - food, tooth brushing etc.
I am learning to play and share with others.

Cognitive Development

I am beginning to express how I feel but may still become frustrated if not understood.

Speech & Language

I am beginning to use sentences to communicate my healthy choices e.g. 'Can I have grapes, please?' or 'I want to go outside'.

Gross Motor

I can run safely, avoiding obstacles.
I can balance on one foot for a short time.
I can hop with one hand held.

Fine Motor

I can drink from a cup.
I am learning to use a knife for cutting and spreading.
I am learning to choose and prepare my own snack choices.
I can brush my teeth.

Attention Development

Hearing & Vision Development Partnership Working

I am healthy:

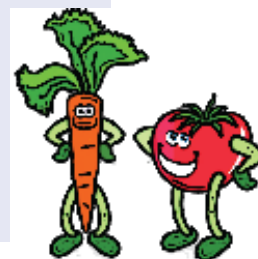
1. I have healthy food to eat most of the time.
2. I exercise a lot.
3. I get a chance to spend time outside.
4. The people who look after me make sure I get help when I feel ill.
5. The people who look after me make sure I eat and exercise to keep me healthy.
6. I enjoy life.
7. I feel able to deal with difficult things that might happen in my life.



Learning at home:

1. Explore different fruit and vegetables when shopping together.
2. Invite little friends over to play.
3. Make some healthy snacks together.
4. Visit a play park and help your child to experience all the different equipment.
5. Fill the bath with bottles and bubbles and make washing fun!
6. Let your child 'skiddle' at the sink.

Enjoy Exploring Together!



Argyll and Bute Developmental Milestones : Stage One : Achieving (SHANARRI)

Sensory Development

Social, Emotional & Behavioural

I will try new things and will keep trying with encouragement. I am starting to show some confidence with new experiences and skills.

Cognitive Development

I can sort and match objects by shape and colour. I can complete jigsaw puzzles with 3 or 4 pieces. I can point to detail in pictures. I can show sequencing in imaginative play – dressing, feeding.

Speech & Language

I can link more than 4 words together and can talk about pictures and stories in my own words. I can give short descriptions and explanations of activities I'm doing now and in the past. My language is usually intelligible to unfamiliar adults.

Gross Motor

I can climb up, along and slide down, move forwards and backwards. I can throw and catch a large ball with 2 hands. I can kick a large ball. I can ride a bike/trike with stabilisers.

Fine Motor

I can build a tower of more than 7 blocks using both/alternate hands. I can snip with scissors. I have developed a pincer grip. I can thread using large beads and I can use pegboards or similar.

Attention Development

Hearing & Vision Development Partnership Working

I am achieving:

1. I am learning new skills at nursery.
2. I am confident that I can do well.
3. I do the best I can.
4. I have hobbies and interests out of nursery that help me learn new skills.
5. The adults in my life encourage me to do my best.
6. If I am struggling with a new skill at home, someone will help me with it.
7. I get the help I need to do well in nursery.



Learning at home:

1. Go along to a local Bookbug session.
2. Sing nursery rhymes together.
3. Ask your child more 'why?' and 'how?' questions rather than 'who?' or 'what?'
4. Label items around the house with 'post-it' notes, this will help introduce the link between letters and their meaning.
5. Have a regular 'scribble' time. Use lots of fun markers and crayons.
6. Play bouncing games with a ball in the garden, park or driveway.

Spend Time Playing Together!

Argyll and Bute Developmental Milestones : Stage One : Nurtured (SHANARRI)

Sensory Development

Social, Emotional & Behavioural

I respond appropriately to other children's emotions.
I am affectionate to other children and known adults.
I am developing a sense of fun.
I am familiar and comfortable with daily routines.

Cognitive Development

I am beginning to understand time and that the person who cares for me will return.

I can talk about events in the past and anticipate the future.

Speech & Language

I can approach adults, take turns in conversation and know I will be listened to. I will communicate basic needs and ask for comfort from familiar adults.

Gross Motor

I can go to the toilet by myself.
I can wash my hands independently but may need adult supervision with drying.

Fine Motor

I can display nurturing behaviour in my imaginative play, for example, pretending to wash, dress, cook, set the table, feed a doll or teddy and show how this reflects my life.

Attention Development

Hearing & Vision Development Partnership Working

I am nurtured:

1. I feel cared for and supported by the people who live in my home.
2. The people who care for me can afford to provide me with the right amount of food and clothing.
3. I live in a home that is clean and warm.
4. The people who care for me at home listen to me when I want to tell them about the things I need, like or dislike.
5. I am learning to look after myself and make decisions that affect my life.
6. I get the help I need to do well in nursery.



Learning at home:

1. Read or tell stories with your child often – through the day and at bedtime. Snuggle up and enjoy that shared moment.
2. Re-tell familiar stories about your family, your childhood or favourite things.
3. Involve your child in little jobs around the home – hanging out washing, washing the car, caring for a pet etc.
4. Play board games together – snakes and ladders or dominoes.

Spend Time Talking Together!



Argyll and Bute Developmental Milestones : Stage One : Active (SHANARRI)

Sensory Development

Social, Emotional & Behavioural

I can talk about experiences I have enjoyed.
I have fun playing with others.
I actively engage with books, singing and playing.
I enjoy playing, exploring and investigating.

Cognitive Development

I can imitate the actions of others when I play.
I play make believe with dolls, animals and people.
I investigate lots of different textures and materials.
I understand some positional language – in, on, under.

Speech & Language

I can share picture books and talk about favourite activities with an adult. I have a favourite story and I can re-tell this in my own words. I can sing/say simple songs and rhymes.
I may need to stop what I am doing to follow instructions.

Gross Motor

I regularly take part in physical activities in my local area which help my body to develop, for example, walking, swimming, dancing, mini-kickers, tumble tots, soft play, rough and tumble, roly poly, paddling in the sea, den building.

Fine Motor

I can screw/unscrew objects, for example, nuts and bolts or take simple lids off and put them on.
I can roll play dough into balls and sausages.

Attention Development

Hearing & Vision Development Partnership Working

I am active:

1. I do things for fun in my spare time.
2. I have the chance to take part in leisure and sporting activities in my local area.
3. The people who care for me help me to find ways to do things that interest me in my spare time.



Learning At Home:

1. Find out about local clubs- dancing, swimming, etc.
2. Make time for long walks in a forest, at the beach or in your local area.
3. Collect 'junk' materials for a craft box - plastic bottles, lolly sticks, buttons, glitter etc. – great fun for wet days.
4. Find a play dough recipe and make your own with your child!
5. Fill a tray with sand and glitter & play with a variety of little kitchen brushes.

Enjoy Your Time Together!

Argyll and Bute Developmental Milestones : Stage One : Respected (SHANARRI)

Sensory Development

Social, Emotional & Behavioural

I can make a choice between two options.
I understand the concept of mine/his/hers during play.

Cognitive Development

I can give an opinion when asked.
I can come to an adult to ask for help when upset or feeling insecure.

Speech & Language

I can verbalise information to express a choice.
I can understand simple questions which help me to make choices and decisions which affect me.

Gross Motor

I can choose activities outdoors, which help me have opportunities to run, jump, climb.

Fine Motor

I join in with activities using small tools, to draw, paint, weave, thread, use play dough.
I can choose activities I enjoy.

Attention Development

Hearing & Vision Development Partnership Working

I am respected:

1. I know that people listen to me before they make decisions that affect me.
2. I am involved in making decisions about my life.
3. If I need to, I can get help to tell people my views and decisions.



Learning At Home:

1. Ask your child what songs they want played at home or in the car to sing along to.
2. Play the 'favourites' game – everybody says their favourite pet, car, colour, fruit.
3. Ask, 'Why do you think that?' when chatting.
4. Have a special 'You Choose' activity time at home.
5. Keep changing pens, paper, pencils, to give variety for scribble time.

Enjoy Choosing Together!

Argyll and Bute Developmental Milestones : Stage One : Responsible (SHANARRi)

Sensory Development

Social, Emotional & Behavioural

I am beginning to follow simple behaviour rules. I can be helpful and can tidy up.

Cognitive Development

I know that other children may have different ideas from me. I know that rules are to keep me safe. I know that my behaviour will have consequences when playing with/ alongside others.

Speech & Language

I can understand and follow two part instructions. I can state behaviour rules in context to keep myself and others safe and happy.

Gross Motor

I can follow basic safety instructions when active, for example near roads / walking on the pavements / close to water / rough and tumble play.

Fine Motor

I can follow rules when using tools and toys to keep us all safe.

Attention Development

Hearing & Vision Development Partnership Working

I am responsible:

1. I listen to other children and adults and try to understand their point of view.
2. I know the difference between right and wrong.
3. I can manage my behaviour.
4. I am caring and helpful.
5. Adults trust me to follow instructions.
6. I am able to follow rules at nursery and at home.
7. I know what is expected from me and why.
8. I know that adults in my life will behave in a way that sets a good example to me.



Learning at home:

1. Make a star chart for doing simple household chores.
2. Practise crossing the road and explain the dangers.
3. Be consistent.
5. Read books or tell stories about keeping safe with your child.

Learn the Rules Together!



Argyll and Bute Developmental Milestones : Stage One : Included (SHANARRI)

Sensory Development

Social, Emotional & Behavioural

I am happy to join in activities with friends.
I am developing a sense of belonging as I play alongside or with friends.
I am becoming aware of being male/female.

Cognitive Development

I am learning to respect the environment.
I am learning to share toys and other materials and to take turns.

Speech & Language

I can express emotions using facial expressions, body language and some words. I listen to and respond to other children with talk during play.

Gross Motor

I take part in group activities and games which will help the muscles in my body to grow and develop.

Fine Motor

I take part in activities with friends to help strengthen my fingers, e.g. action rhymes, clapping, play dough.

Attention Development

Hearing & Vision Development Partnership Working

I am included:

1. I feel that I belong when I am with my friends, family, in nursery and in the local community.
2. I am able to take part in activities, which let me be with people that I need in my life.
3. I get to meet lots of different people.
4. I am caring and helpful.
5. I feel that other children and adults want me around.



Learning at home:

1. Plant seeds or bulbs in the garden or a tray on the window ledge.
2. Take turns with your child banging on pans and tins with wooden spoons.
3. Make bread together and play with the dough.
4. Build up a collection of 'stuff' for fingers to explore – string, elastic bands, pebbles, pine cones, egg boxes, tweezers, tongs etc.

Enjoy Being Together!