

## I am moving

I like to hop, skip, jump, run and roll.

I can jump off a step and land on two feet.

I can run fast and then slow down so I don't bump into things.

I can tidy toys away so I don't fall over them.

I like to eat different fruit and vegetables.

I can use the toilet by myself.

I can push, pat, throw, catch or kick a ball or a balloon.

I am starting to write things you can understand like letters and numbers.

I can move on my tummy and back to help me get through tunnels.

I use tools like pens, brushes, hammers or scissors to make what I want.

I know I should wash my hands before eating, drink when I am thirsty, eat healthy food and exercise.



## You can help me by

- Playing games with me like football, basketball or throwing balls into bowls or boxes.
- Getting me to thread plastic bottle tops with holes onto string or shoe laces.
- Making fruit kebabs or vegetable faces to help me try different types of fruit and vegetables.
- Dance with me when we hear our favourite songs.



## Parenting Journey

### I am 40-60 months

How I learn and how you can help me



## I am communicating

I like you to use new words. I will try them out when I am playing.

I can pretend to be lots of different things in my play. I will make up games based on things I have seen and done or heard.

I have lots of words that I can use to tell you what I have done, seen or made.

I can listen carefully to stories and songs.

I listen and know what you are telling me, most of the time.

I use words like "first" or "next".

I listen and know what is happening in the stories you read.

I can listen and then do what you want me to do.



### You can help me by

- Playing a treasure hunt game with me where I have to listen to your instructions to help me find the next "clue".
- Sharing a story together and asking me why I think something has happened or what might happen next.
- Sharing a story and asking me how I think the story might end.
- Making up silly rhymes with me where we use words that begin with the same letter or the words all rhyme, like "cat", "bat" and "hat".
- Playing "I spy" with me.
- Using different voices, like loud voices or squeaky voices, when we're telling stories.

## I am sociable

I know how to tell my friends how to help me be happy and not to make me upset.

I can tell my friends and grown-ups what I like, I don't like, what I need and what I want to do and not do.

I know that I should share.

I ask lots of questions to learn more and then I can talk all about it with you and my friends.

I know that I can upset my friend if I take their toy or shout at them. I might get sad too if I have made someone else sad or I might try to make it better and hug them.

I can tell you what my favourite things are and what I don't like doing.

I can help my friends make up when they fall out.

I like to talk with friends and I like to join in when grown-ups talk too.



### You can help me by

- Taking me to the park and asking me what we can do there and what we will see there.
- Letting me tell you how you can help me when I'm making something.
- Talking to me about how to keep safe when we're going to cross the road at a pelican crossing or zebra crossing.