







	Months	Managing Self
Seeds 	0-12	<ul style="list-style-type: none">• Smiles or makes sounds to indicate pleasure• Makes needs known through crying and body movements to show discomfort• Responds and turns to sounds such as voices• Expresses awareness of their physical skills by becoming curious of their own face or of others.• Imitates sounds and expressions that are mirrored back to them such as gurgling• Begins to refuse using gestures• Repeats an enjoyable activity (e.g. <i>pushing a button on a musical toy</i>)• Shows attachment to special people and may become distressed when separated• Shows awareness of being a separate individual through initiating contact with others in ways such as eye contact, voice or gesture• Communicates discomfort with a wet or soiled nappy
	12-24	<ul style="list-style-type: none">• Laughs to show anticipation and shows humour at discrepancies (e.g. <i>putting shoe on head</i>)• Becomes distressed when told 'no'• Begins to communicate urination and bowel movements through facial expressions and body movements• Attempts to use a spoon• Explores new toys and environments but uses a familiar adult to check• Asserts choices and preferences and rejects things they do not want• Knows that their own voice and actions causes an effect on others (e.g. <i>clapping hands might start a game</i>)• Persistent in completing tasks with more than one part such as puzzles• Shows pride and pleasure (e.g. <i>smiling whilst riding a bike</i>)• Takes off easily removed clothes
Sprouts 	24-36	<ul style="list-style-type: none">• Starts interactions with other children• Grows in independence and rejects help• Knows own mind and expresses it, asserting their likes and dislikes, choices, decisions and ideas. Tantrums as a result of this• Enjoys hugs and cuddles• Indicates a need for a toilet through behaviour• Feeds self with a spoon and can drink without spilling from a cup• Identifies self with alike children such as age or sex• Begins to remove garments such as coat or pull down items of clothes• Clearly communicates wet or soiled nappy or pants showing an increasingly awareness of bladder and bowel urges. Mainly dry throughout the day• Develops likes and dislikes in food



	36-48	<ul style="list-style-type: none">• More confident in social situations• Follows tidy up routines• Expresses thoughts and emotions through words• Can pull up zips and own trousers• Communicates a need for the potty or toilet• Independently selects and carries out activities• Enjoys carrying out small tasks• Can be independent in self-care such as washing hands or teeth cleaning• Can communicate needs such as tired, hungry, needing to play• Pull down own pants when using the toilet
Seedlings 	48-60	<ul style="list-style-type: none">• Has an awareness and pride in their self and welcomes praise• Shows confidence and self-esteem by being outgoing towards others, taking risks, trying new things and being able to express needs and ask for help• Attends to toileting needs most of the time themselves. Reliably dry and clean during the day• Eats competently using knife, fork or spoon• Talks about their own strengths and weaknesses (e.g. <i>look I drew the story</i>)• Makes choices about goals and sees them through using the resources provided• Expresses ideas in a familiar group• Dresses and undresses independently• Stays focussed on play sequences for increasing amounts of time• Finds ways to overcome challenges to own goals
Saplings 	ELG	<ul style="list-style-type: none">• Try new activities and show independence and perseverance and resilience• Follow rules and know why we have them• Manage self-care e.g. dressing, toileting and eating