

Physical Development

Health & Self care

0 to 11	Responds to & thrives on warm, sensitive contact			
	Expresses discomfort, hunger or thirst			
	Anticipates food routines with interest			
8 to 20	Opens mouth for spoon			
	Holds own bottle or cup			
	Grasps finger foods & brings them to mouth			
	Attempts to use spoon			
	Can actively cooperate with nappy changing			
	Starts to communicate urination, bowel movements			
16 to 26	Develops own likes & dislikes in food & drink			
	Willing to try new food textures & tastes			
	Holds cup with both hands & drinks without much spilling			
	Clearly communicates wet/soiled nappy or pants			
	Shows some awareness of what potty/toilet is used for			
	Shows some awareness of bladder/bowel urges			
	Shows a desire to help with dressing & hygiene routines			
22 to 36	Feeds self competently with spoon			
	Drinks well without spilling			
	Clearly communicates their need for potty or toilet			
	Beginning to recognise danger & seeks support of significant adults			
	Helps with clothing			
	Beginning to be independent in self-care but often still needs adult support			
30 to 50	Can tell adult when they are hungry or tired			
	Observes the effects of activity on their bodies			
	Understands that tools have to be used safely			
	Gains more bowel/bladder control & can attend to toileting needs most of the time by self			
	Can usually manage washing & drying hands			
	Dresses with help			
40 to 60	Eats a healthy range of foods & understand need for variety			
	Usually dry & clean throughout day			
	Shows some understanding that good practices in eating resting lead to good health			
	Shows understanding of how to transport & store equipment safely			
	Practices some appropriate safety measure without direct supervision			
ELG	Children know the importance for good health & talk about ways to keep healthy			
	They manage their own basic hygiene & personal needs			

