

0–12 months

- starts to focus on familiar faces and smile
- begins to cry when play ceases
- may self-soothe by sucking fingers or rocking

1–2 years

- beginning to empathise with another person's distress by showing own distress
- shows affection to familiar family members and friends
- starting to experience anxiety when separated from primary carers

2–3 years

- engages in parallel play
- shows kindness and compassion spontaneously towards others
- shows increasing independence

3–5 years

- starting to verbalise a range of feelings
- separates from primary carers more easily
- expresses likes and dislikes

5–7 years

- beginning to feel self-conscious and embarrassed
- can co-operate in deciding rules to games
- ability to communicate with others freely and without prompts from adults.

Cut and laminate milestones and ages for sequencing activity. More can be added to include up to 16+.