

# Parent Guide



@twinklparents

We are excited to share this content with you. If you are interested in finding more resources made especially for Parents, then check out these links to different areas of the **Twinkl Parents** hub.

**SEND Support**



**Subject Guides**

**Pregnancy & Baby**



**Health & Wellbeing**

**Supporting Learning**



## What is this resource and how do I use it?

This resource contains a list of 'I can...' statements so you can monitor your child's progress. The activity list will help to guide you on how to help your child to achieve each milestone. Print the checklist and tick off or highlight each milestone as your child completes it.

## What is the focus of this resource?

### Further Activity Ideas and Suggestions

These milestones are aimed at children between the ages of 4 - 5 years old. For more resources to help support your child, visit our **Early Years** area.

Early Life Skills

Self-Assessment

Milestones

Parents Blog



Parenting Wiki



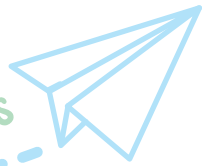
Parenting Podcast



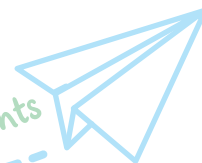
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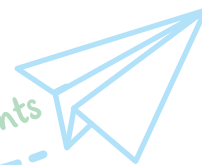
# 4 to 5 Year Olds I Can Milestones and Activity List for Parents



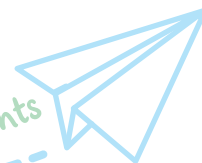
	Milestone	Suggestions
<input type="checkbox"/>	I can explore the natural world around me and talk about what I notice.	Use your senses to explore things that you can see, smell, feel and hear around you. Talk about them and allow your child to do the same.
<input type="checkbox"/>	I can confidently and safely use a range of large apparatus and equipment.	Always observe your child using any apparatus or equipment that you think may be dangerous and do not let them use anything which is not age-appropriate. Encourage them to use equipment safely by modelling and giving instructions. You may find these <a href="#">How to Use Crafting Tools Safety Cards</a> useful.
<input type="checkbox"/>	I can write words using my knowledge of letters and sounds.	Help your child to learn the basic letter sounds using this <a href="#">Phase 2 Sound Mat</a> . You can then encourage them to spell words by breaking them down using the sounds they know. Visit our <a href="#">Phase 2 Phonics</a> area for some useful resources to help with spelling.
<input type="checkbox"/>	I can confidently and safely move in a variety of different ways	Help your child to develop the gross motor skills needed for jumping with some of these <a href="#">Gross Motor Skills</a> activities.
<input type="checkbox"/>	I can talk about the seasons and how they change the world around me.	Go out in nature and talk about what you can see or take photographs. Talk about the changes throughout the seasons, e.g. the colour of the leaves or the weather. Go on a sensory walk and draw or write down what you can see/hear/smell/feel. You will find lots more ideas in our <a href="#">Exploring the Outdoors</a> area.
<input type="checkbox"/>	I can show perseverance and determination when faced with a challenge.	Be there to help support and encourage your child to try again when they can't do something or get something wrong. Praise them for trying again and also give them lots of praise when they finally get there so that they feel motivated to keep going, even when things are challenging.
<input type="checkbox"/>	I can talk about some factors that support my health and wellbeing.	Talk to your child about coping strategies for when they are feeling different ways, e.g. upset or angry. If there is a particular emotion that your child finds difficult to process, e.g. loneliness or anger, make sure that they have some tips to help them cope, such as counting or taking deep breaths. You can also encourage them to do things that will make them feel better, such as using a comfort toy or playing with their friends.



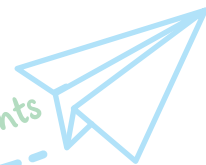
Milestone		Suggestions
<input type="checkbox"/>	I can hold and control a pencil to support an efficient handwriting style.	Help your child learn how to hold a pencil correctly with this <a href="#">guide</a> . If you find that your child is struggling to hold a pencil correctly or write, they may need some more support to develop the fine motor skills needed for pencil grip. You can find some more resources to support them <a href="#">here</a> .
<input type="checkbox"/>	I can negotiate space when playing movement games with other children.	You can set up obstacle courses at home in your garden or take part in clubs or activities that build up these skills, such as gymnastics or football.
<input type="checkbox"/>	I can talk about significant events from my own life story.	When reading a story, ask your child to relate to experiences from the story. You could ask them questions, such as 'Have you ever been on holiday before?' or 'Can you remember your birthday party?' You could also create a timeline of events in their life and see if they can remember when they happened. Use photographs to help remind them.
<input type="checkbox"/>	I can count forwards and backwards to/from ten and beyond.	Use counting songs and games to practise counting forwards and backwards to 10, such as 'One, two, three, four, five, once I caught a fish alive...' or 'Ten Green Bottles'. You can also practise counting down for something, such as counting down to 'Blast off!' when doing role-play.
<input type="checkbox"/>	I can copy, extend, create and correct more complex repeating patterns.	There are lots of fun crafts and activities that you can do to help learn about repeating patterns. Why not make a bracelet, use vegetables as stamps to make a pattern or make fruit kebabs? Start with copying or repeating a pattern of two, before moving on to more complex patterns and asking your child to create their own patterns.
<input type="checkbox"/>	I can talk about and compare the length, height, weight and capacity of different objects.	Model using words, such as 'longer', 'shorter', 'heavier', 'lighter', 'full' and 'half full' to compare different objects and containers and play games or activities where children can compare them, such as water play or ordering activities. You will find more resources to support this skill in our <a href="#">Measure</a> category.
<input type="checkbox"/>	I can talk about pictures of familiar situations from the past.	Look at photographs or videos of main events, such as birthdays and holidays and discuss memories. You could use them to make a timeline of important events.



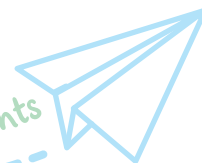
	Milestone	Suggestions
<input type="checkbox"/>	I can talk about different places and how they are similar to or different from where I live.	<p>Discuss places in stories and talk about how they are similar or different from where you live, e.g. it might also have a park and a school.</p> <p>If you go on holiday or a trip, discuss how it is the same or different, e.g. you could compare the weather or the beach.</p>
<input type="checkbox"/>	I can show increasing precision and accuracy during ball games and activities.	Accuracy during ball games and activities requires precision and accuracy. Doing <a href="#">Gross Motor Skills</a> activities will also give them the strength needed for this.
<input type="checkbox"/>	I can recall number bonds for numbers zero to five and some for bonds to ten.	This <a href="#">Number Bonds of 5 Activity Booklet</a> is a great way to practise number bonds to five. Once children are confident with recalling number bonds to five you can try this <a href="#">Ice Cream Numbers Activity</a> - instead of matching the numbers, practise making the bonds to ten with the ice cream pieces.
<input type="checkbox"/>	I can take part in music and dance performances, on my own and in groups.	Allow children to listen to music and express themselves with movement. Take your child to clubs that involve listening to music or dancing. Take your child to any school dances or activities that help them build confidence with performing in groups or on their own.
<input type="checkbox"/>	I can develop friendships with other children, seeking support from adults when needed.	Check out our <a href="#">Making Relationships</a> area for some resources to help support your child to make relationships.
<input type="checkbox"/>	I can use talk to clarify, organise, explain and describe events and my ideas and feelings.	Keep encouraging your child to extend their sentences by modelling new vocabulary and longer sentences.
<input type="checkbox"/>	I can talk about what I am good at and what I would like to get better at.	Talk to your child about what they enjoy and what they did well. If they get disheartened with something that they are not very good at, explain to them that if they practise, they will get better. Find out what they would like to get better at so that you can practise with them at home.
<input type="checkbox"/>	I can talk about my family and my community.	This <a href="#">Ourselves</a> category is filled with resources to help your child learn and write all about them. You can also help your child to develop a sense of community by taking part in community events and clubs.



Milestone	Milestone	Suggestions
<input type="checkbox"/>	I can accurately count up to ten actions, objects or sounds.	Model counting with toys, steps, beeps on the microwave, etc. at home to help your child learn to count objects and other abstract quantities, such as sounds.
<input type="checkbox"/>	I can explore and talk about the composition of numbers.	Give your child a group of toys or counters (up to five) and let them explore how many different ways they can make five using different groups and patterns. You can repeat these with numbers to ten once they are confident.
<input type="checkbox"/>	I can talk about maps and what they show.	Look at an atlas or a globe and point out key features, such as the sea and the water. Show children where their home is and any other important places to you, such as a place they may have visited. You can also use Google Maps to zoom in and look at where they live or where they go to school.
<input type="checkbox"/>	I can sing on my own and in a group.	Sing familiar songs and nursery rhymes at home and encourage your child to join in. Some children find singing quite scary. You can let them watch shows that have music or even take them to a music or singing club - they may want to just observe at first until they are ready to join in.
<input type="checkbox"/>	I can confidently and safely use a range of one-handed tools.	To use one hand for manipulating tools, your child will need to develop their <a href="#">Fine Motor Skills</a> and <a href="#">Gross Motor Skills</a> . You will find activities to help support this in our categories, linked above.
<input type="checkbox"/>	I can blend sounds together to read short words.	Check out these <a href="#">Phase 2</a> activities that will introduce your child to Phase 2 letter sounds and blending. Encourage your child to say each sound and then blend them together.
<input type="checkbox"/>	I can create and develop storylines in my play activities.	Use role play and small world characters and toys to create your own stories during games and activities, for example, you could ask them to build a tower out of their building blocks and then pretend that they are a magical princess trapped in the tower. Let them come up with their own story lines and play along to help develop the story line.
<input type="checkbox"/>	I can learn and use new vocabulary.	Read stories or play vocabulary games to help develop your child's language and then model the new words in a sentence so that they can copy. You can find more activities and games to help develop your child's vocabulary in our <a href="#">Speaking</a> category.



Milestone		Suggestions
<input type="checkbox"/>	I can write phrases, captions, labels or short sentences.	Give your child picture prompts and ask them to write a phrase or sentence to match the picture, such as this <a href="#">Zoo Scene Writing Stimulus</a> .
<input type="checkbox"/>	I can read some tricky/common exception words.	Help your child to recognise and read tricky words in their reading books by pointing them out. You will also find lots of resources on our site to support reading and spelling tricky words. Between the ages of 4 and 5, your child will be learning to read Phase 2 - 4 tricky words.
<input type="checkbox"/>	I can retell a story using some story phrases and my own words.	Once you have read a story, try retelling it using puppets or characters. Ask your child to join in with key words or phrases from the story.
<input type="checkbox"/>	I can subitise small groups of objects.	Show children an amount of objects quickly and ask them to say how many it is. You could make this into a game, such as rolling a dice to play a board game. You could also suggest that they could count out that many sweets that they can eat if they get it right. This <a href="#">Subitising Numbers to 5 Bingo</a> is a fun way of helping children to learn how to subitise.
<input type="checkbox"/>	I can ask questions to find out information.	Encourage your child to be inquisitive by introducing them to new things and reading non-fiction books. Model asking questions to encourage them to do the same. Praise them for asking questions by saying, 'That's a good question' and see if you can find out the answers together.
<input type="checkbox"/>	I can listen to and talk about stories and texts.	Try to read a story together every day - this could be before bed or when your child gets home from school. Make sure that you read to your child as well as letting them read their own school books to you to introduce them to more complicated language and vocabulary - reading and listening also require different skills. When you are reading a story or text, talk to your child about the text, including events and characters.
<input type="checkbox"/>	I can express my feelings and consider how others might be feeling.	Teach your child to be empathetic by expressing your emotions to them through words and facial expressions. Talk about your feelings and how they are feeling.



Milestone		Suggestions
<input type="checkbox"/>	I can manage my own personal hygiene needs.	Visit our <a href="#">Little Life Skills</a> category to find some useful tips and resources to help your child to look after their own personal hygiene, including brushing their teeth, washing their hands and going to the toilet independently.
<input type="checkbox"/>	I can engage in storytimes and with non-fiction texts.	Read to your child each night before they go to bed. Try to include a range of fiction and non-fiction texts to help support their imagination and curiosity and to help them learn about the world. You could choose non-fiction texts about a topic that your child is interested in or try to find books to match a topic that they are learning about at school or nursery. Here you will find some <a href="#">Twinkl Originals</a> books that you may find useful.

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.