

Sensory and physical

My name is:

My key person is:

My communication method:

My date of birth is:

	Mobility		Life skills		Sensory	
Step 1	Lifts/turns head to the side when placed on tummy	Makes movements with arms and legs which gradually become more controlled - moves hands together/ legs together	Opens mouth to feed when corner of mouth is touched	Sucking is strong and rhythmic with coordinated swallowing	Looks steadily at things for short periods (5 seconds or more)	Presses down foot/ straightens body when held standing on a hard surface
	E S I	E S I	E S I	E S I	E S I	E S I
Step 2	Able to control head when supported in an upright position; head does not flop forwards or backwards	Sits with support	Closes hand firmly around objects placed in palm	Makes needs known through crying and body movements	Uses movement and senses to focus on, reach for and grasp objects	Explores hands and fingers – for example, watches them, presses hands together, clasps and unclasps hands
	E S I	E S I	E S I	E S I	E S I	E S I
Step 3	Roll over: from front to back, then back to front.	Can lift head and chest and support self with straight arms and flat hands when lying on tummy	Reaches out for, touches and begins to hold objects, developing later on into being able to release grasp	Anticipates food routines with interest	When lying on back, lifts legs into vertical position and grasps feet	
	E S I	E S I	E S I	E S I	E S I	

	Pulls self up to standing against furniture and can lower self back down again	Begin to walk independently – choosing appropriate props to support at first		Attempts to use spoon or other utensil; can guide towards mouth but food often falls off		
	E S I	E S I		E S I		
Step 7	Walks with shorter steps and legs closer together, no longer needs to hold arms up for balance	Walks up steps holding hand of adult	Accepts new textures and tastes – for example, larger pieces of food and different types	Shows awareness of what a potty or toilet is used for	Develops own likes and dislikes in food and drink and may refuse disliked food or drink	Builds tower of two blocks
	E S I	E S I	E S I	E S I	E S I	E S I
	Turns knobs and removes easy screw lids	Comes downstairs backwards on knees (crawling)	Takes off easily removed clothes – for example, socks	Signals wet or soiled nappy or pants		
	E S I	E S I	E S I	E S I		
Step 8	Can kick a large ball	Gets onto child's chair without assistance, either backwards or sideways	Holds cup with both hands and drinks without much spilling E S I Brushes own hair	Is aware of where clothes are kept – for example, outdoor coat and shoes by the door	Starts to help with dress and hygiene routines	
	E S I	E S I	E S I	E S I	E S I	E S I
Comments						

E Emerging, S Supported and I Independent