

Growing Independence: Exploring the world around them



- I can notice changes in the environment.
- I can navigate the environment with increasing independence.
- I can open boxes, bags or draws to find out what is inside.
- I show an interest in what is going on around me when it is related to my interests.
- I am do things to make something happen – cause and effect.



Things to help me grow

- Developing fine and gross motor skills.
- Drawing a child's attention to things in the environment.
- Providing opportunities for the child to explore around interests, for example, sensory play, opening boxes to find things and so forth.

Making things easier

- Keeping the environment consistent.
- Making the environment as accessible as possible, including sensory needs.
- Reducing visual clutter.
- Bold visual labels on draws or boxes.
- Ensuring available resources are safe.

Helpful Links:

Cambridgeshire Community paediatrics
occupational therapy team:

[Hand Skills.](#)

