



Follow your child, not the calendar

The ages are a rough guide. Meet your child where they are and move on when they're ready — never rush.



Little and often wins

Ten focused, playful minutes a day beats an hour once a week. Weave learning into everyday routines.



Play is the method

Children learn best when they're enjoying themselves. Every activity here is play-based on purpose.



You are the key

Warm, responsive time with you is the most powerful “programme” of all — you've already got it.



Stage 1 • Foundations

🕒 Roughly 0 – 2 years

Connection, communication and early movement — the roots everything else grows from.

→ Bonding & back-and-forth

→ First words & understanding

→ Big-body movement

→ Calm, regulated body

→ Check milestones for this age



Stage 2 • Building

🕒 Roughly 2 – 4 years

Growing language, play, independence and managing feelings.

→ Talking & clearer speech

→ Hands & fine motor

→ Big feelings & behaviour

→ Toilet training & independence

→ Which therapy might help?

Stage 3 • Connecting

🕒 Roughly 3 – 5 years

Social skills, attention and getting ready to learn with others.

→ Social skills & friendships

→ Attention & focus

→ Calmer behaviour

→ Better sleep routines

→ Free 2-minute check

Stage 4 • School readiness

🕒 Roughly 4 – 7 years

The pre-academic skills that make starting school a success.

→ Ready to read (early literacy)

→ Everyday maths & numbers

→ Handwriting foundations

→ Developmental stages map

→ Milestone checklists by age

A simple weekly rhythm

You don't need special equipment or hours of time. A balanced week might look like this — adjust freely.

Every day

10 minutes of face-to-face talking play

Read or share a book together

A few times a week

A fine-motor or hands activity

Active, big-body movement play

Name feelings as they happen

A turn-taking or social game

☆ **Keep steady**

Consistent sleep & mealtime routines

Praise the behaviour you want to see

Celebrate every small win



This curriculum reflects widely recognised child-development guidance — including the WHO and UNICEF *Nurturing Care* framework and CDC developmental-milestone guidance — turned into practical home steps. It supports, but does not replace, professional assessment. See our evidence base →