



# Stepping Stones for Little Feet

## Where your child's learning story begins



# Our Curriculum

Your baby's first years are filled with incredible growth.

Our **STRONG Beginnings** – Stepping Stones for Little Feet curriculum is specially designed for infants and toddlers, supporting your child through the key developmental milestones of their first three years of life in a warm, nurturing environment.

From **tummy time to first words**, we create meaningful experiences that foster curiosity, connection, and confidence.

Through sensory play, responsive relationships, and guided exploration, your child will begin building the foundations for **lifelong learning**, while feeling safe, supported and confident to explore.



# Everyday Care

Grounded in internationally recognised research, the *Circle of Security* and *Educaring®* approaches guide our everyday practice.

These **trusted models** help us build secure, nurturing relationships so your child feels safe, supported, and confident to explore.

As they move through **key milestones**, our educators gently support their discovery through responsive, relationship based care, laying the foundations of the love of learning and emotional wellbeing.



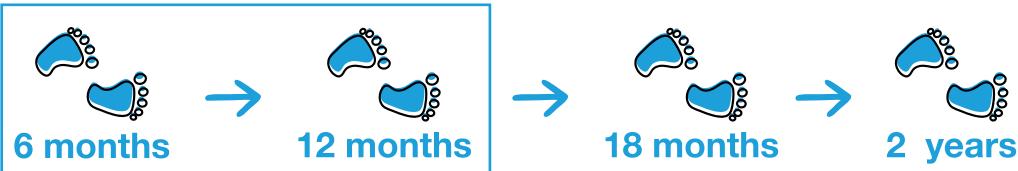
## Key Learning and Developmental Milestones

Discover **how your child will learn and grow** in their first years of life and **how we support** every precious step.

In our STRONG Beginnings – Stepping Stones for Little Feet curriculum, we nurture your child through key developmental milestones with rich, meaningful experiences tailored to their unique journey.

Let's take a closer look at the magic that happens in your child's first 12 months!





# Birth to 12 months

Welcome to the remarkable journey of infant development, where tiny movements, curious gazes, and joyful sounds gradually turn into purposeful interactions. In the first year of life, motor skills begin to flourish.

Babies move from gentle body movements to grasping toys, rolling, and eventually sitting. Communication grows too, from early babbling and smiling to meaningful sounds and first words.

These precious early experiences lay the groundwork for learning, confidence, and secure relationships.

## What most children can do in their first year of life.

They are developing through **Sensory Exploration**, touching different textures (soft fabrics, bumpy toys, smooth surfaces).

Exploring objects with their mouths. Listening to various sounds, music, and voice and visually learning about their world, this is always full of excitement and curiosity for your child.



**Social and Emotional Development:** Babies build social awareness by bonding with familiar adults, watching facial expressions, and responding to smiles and voice tones. Shared routines help them feel secure.

**Motor Development:** During the first year, babies learn to roll, sit, crawl, and explore their hands and feet. They start feeding themselves and practise using a spoon. Reaching, grasping, and passing objects strengthen fine motor skills.

**Language and Communication:** Babies recognise familiar voices from birth. Over time, they babble, smile, laugh, and begin responding to their name. Books, pictures, and simple conversations help connect words to meaning.

**Thinking and Problem Solving:** Through movement and play, babies learn about spatial awareness and cause and effect. Shaking rattles, dropping toys, and opening or moving objects build early cognitive and mathematical understanding.

**Social Awareness and Emotional Regulation:** Babies learn they are safe with trusted adults and begin to understand object permanence, that is knowing you still exist even when out of sight. Games like peek a boo and simple routines support resilience, early self soothing, and emotional development.



# The best possible start

Our **STRONG Beginnings** curriculum is designed to give your child the best possible start. Every moment in your child's day is filled with meaningful interactions and gentle care, supporting their development in a safe and nurturing environment. Here are just some of the experiences your little one will enjoy as part of our infant program:

## **Warm and engaging conversations**

through babbling and talking with educators, helping your baby develop early communication and social skills.

**Precious one-on-one connection** times during feeding, where they feel safe, loved, and secure as they learn the skills of self-feeding and learning about the taste, texture and smell of food.

**Joyful learning moments** with songs, rhymes, puppets, and to build early literacy and listening skills.

**Stimulating play** with age-appropriate toys that encourage discovery, eye tracking, and motor development.



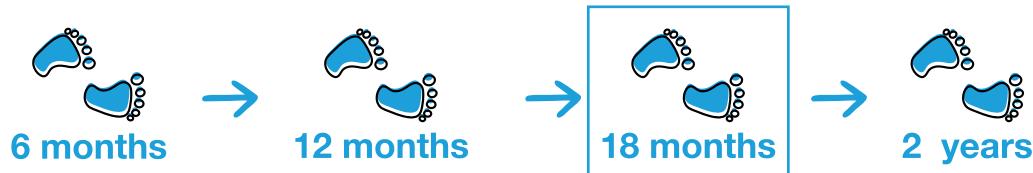
**Responsive interactions** with a smile, a gentle voice, and calm conversations to make your baby feel seen and heard.

**Unhurried care routines** such as nappy changes, sleep, and bottle feeding, are approached with calm and respect, helping your child feel relaxed and confident.

**Building self-regulation skills** through self-settling to sleep and having a partnership in saying hello and goodbye each day.

Through every cuddle, song, and playtime, your baby is learning, growing, and thriving at their own pace, in their own way.





# 18 months

**Curiosity, growing independence, and joyful discovery**

At Story House, every moment is a chance for your toddler to learn, grow, and connect in meaningful ways. Around 18 months, children enter a stage of discovery where language begins to bloom, emotions feel bigger, independence grows, and the world becomes wonderfully exciting.

Through our STRONG Beginnings – Stepping Stones for Little Feet curriculum, your child experiences this stage with nurturing relationships, playful learning, and thoughtful care.

**What most children can do by 18 months of age**

As children move into toddlerhood, they explore more confidently and show increasing independence. You may see their personality shine as they climb, jump, dance, and express themselves through movement, language, and early social skills.

Toddlers take pride in doing things for themselves, making simple choices, and achieving small tasks that build confidence.



**Health, Safety and Wellbeing:** Toddlers learn how to care for their bodies and minds through everyday experiences. In our Stephanie Alexander Kitchen Garden program, children explore new foods, tastes, and textures while discovering where food comes from. Safe sleep and settling habits are supported through our Sleep Smart program, helping toddlers develop self-regulation and a strong sense of security.

**Thinking and Problem Solving:** Toddlers are natural inquirers. The “why” question guides much of their exploration, and educators extend this curiosity through rich conversations, simple investigations, and hands-on play. These experiences strengthen early problem-solving, reasoning, and awareness of the world.

**Language and Communication:** Looking at books, naming pictures, and engaging in responsive conversations helps children connect words with meaning. Songs, rhymes, and everyday talk support growing vocabulary, memory, and early social communication.

**Creative and Physical Development:** Music, movement, painting, drawing, and pretend play build coordination, imagination, and fine motor skills. Children learn to express themselves with joy and confidence.

**Social and Emotional Development:** Warm, responsive care helps toddlers recognise their needs and feelings. Comfort, cuddles, calm spaces, and simple routines support emotional regulation and growing independence.





# 2 years old

**What most children do  
between the ages of 2-3**

Between the ages of 2 and 3, your child is growing in leaps and bounds, and they are developing essential skills that lay the foundation for **lifelong learning**. This is a time of incredible progress, and at Story House, we nurture every moment through our **thoughtfully designed curriculum**.

Physically, your child is becoming more confident and coordinated, mastering skills like running, jumping, climbing, and balancing, which build not only strength but also spatial awareness and body control. These active moments support healthy development and independence.

**Language development** also takes off during this stage. You'll notice your child expanding their vocabulary, forming simple sentences, and beginning to clearly express their thoughts, needs, and emotions.

Through daily conversations, songs, stories, and play, we help turn everyday experiences into rich language learning opportunities. At this stage children are eager to follow 2 step instructions, such as "can you get your hat and shoes?".



**Socially and emotionally**, your child begins to explore relationships in new ways. They start engaging by imitating adults and peers and showing more complex emotions. These early social experiences help develop **empathy, turn-taking, and confidence**, all while strengthening their sense of self.

Your child's brain is growing, and they are becoming more curious and capable. They begin to **solve simple problems, engage in imaginative play**, and explore how things work building the foundation for critical thinking and creativity.

We recognise that every milestone is more than a moment, it is a **stepping stone** toward the future.

Through nurturing care and intentional learning experiences, we support your child's growing mind, body, and heart, helping them thrive to-day and prepare for tomorrow.





Here are just a few of the engaging activities your child will enjoy:

- **Reading vibrant board books** with pictures and simple text, where educators point to images and make fun sounds to spark early language and visual recognition.
- **Interactive songs and rhymes** like “The Wheels on the Bus” and “Itsy Bitsy Spider” that support both language development and motor skills through movement and repetition.
- **Pointing to pictures** and identifying animals, colours, and body parts. Practising new words during group story time or while playing and responding to simple questions or prompts (e.g., “Where is the ball?”)
- **Sensory play** using a variety of textured materials, like soft fabrics, safe household items, and everyday objects to stimulate your child’s senses and curiosity.
- **Movement exploration** such as jumping, moving, climbing, running, all supports balance, strength, stability and agility.



- Using spoons or cups during pretend play to build fine motor skill.
- Participating in group mealtimes, learning to feed themselves and develop socially.
- Practising taking turns with toys under gentle guidance.
- Learning to express feelings with support from caring educators.
- Washing hands with help after play and before meals to learn about healthy habits.
- Finding and putting on their own hat or shoes which support independence.
- Helping pack away toys, learning about responsibility and routine.
- Being supported in toilet training or nappy changes in a calm, respectful way, learning about their own body rhythms.

# Growing Confident Learners

Where meaningful experiences spark lifelong learning.

Support your child to experience the rich, nurturing experiences that set the foundation for lifelong learning.

At Story House, our **STRONG** Beginnings Stepping Stones for Little Feet curriculum is more than just care. It is a carefully crafted journey that supports your child's development in the most important early years.

Through play, connection, and discovery, your child will build the confidence, curiosity, and skills they need to thrive now and into the future. These first steps matter as they step through their first three years of life.







**Story House**  
Early Learning

## **Support Office**

19 Corporate Drive, Cannon Hill QLD 4170  
[info@shel.edu.au](mailto:info@shel.edu.au) | [shel.edu.au](http://shel.edu.au) | 1300 786 794