

Me at 1 Passport



What I am doing at 1 years old

This book belongs to:



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For more information about Me at 1, please contact Megan via email mmitchell@wanslea.org.au.

We'd love to hear what you think!

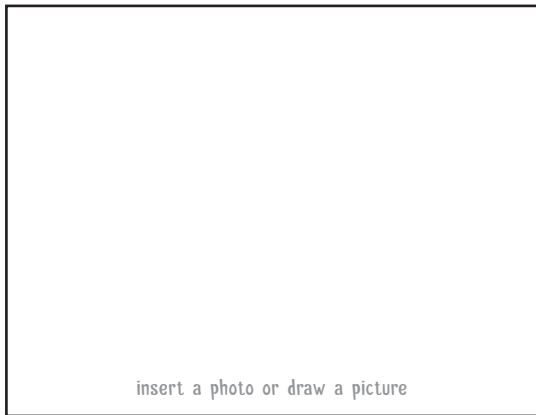
Scan the QR code to tell us how you used the passport. Your feedback will help us make it even better for other families.



ALL ABOUT ME

This passport is all about me at 1 years old!

The first five years of my life are very important because they shape how I will learn and grow later in life. My brain is growing quickly and the new things I am learning every day help me to get ready to be independent when I am older.



insert a photo or draw a picture

My favourite toy is _____

I enjoy _____

How to use my passport

In this passport, you'll find some
of the things that children like me
typically learn in the year they are

1. You can mark the box to see the
things that I can do and what things
I might need extra help with.



How can you help me learn and grow?

At 1 year old, my brain is growing quickly and making lots of new connections. I am learning to move more independently, babble my first words and build strong bonds with the people I love. I need healthy food and sleep to help me feel safe and be my best self.

I like it when you:

Listen and respond to me when I make sounds.

Talk to me, even if I don't answer yet.

Sing songs and dance with me.

Read books with me.

Encourage me to crawl and pull up.

Let's have fun learning together.

Physical Gross Motor Skills

This is how I use and move my body.

Mark the box to see the things I can do
and what I might need help with.

I CAN:

Sit all by myself
without any help.



I CAN:

Crawl, creep or scoot
on my hands and knees.



I CAN:

Pull myself up to stand -
I use furniture or people to
help me stand up on my own.





I CAN:

Walk by myself or
around furniture.



I CAN:

Move from lying
down to sitting.



Physical Fine Motor Skills

This is how I use my hands.

Mark the box to see the things I can do
and what I might need help with.

I CAN:

Reach out and grab a toy.



I CAN:

Move toys or food from
one hand to the other.



I CAN:

Drop and throw things
on purpose.





I CAN:

Pick up small objects
using a thumb and
finger grip.



I CAN:

Feed myself using my
hands and a spoon.



Self Care Skills

This is how I look after myself.

Mark the box to see the things I can do
and what I might need help with.

I CAN:

Hold my own bottle.



I CAN:

Feed myself some
food with my hands.



I CAN:

Try to wash my
hands with help.





I CAN:

Pull off my socks
or hat by myself.



I CAN:

Tell you when I'm thirsty,
hungry, or tired by pointing,
gesturing or using words.



Social and Emotional Skills

This is how I feel and get on with others

Mark the box to see the things I can do
and what I might need help with.

I CAN:

Look at you and
make eye contact.

A green rectangular box containing a large, light green checkmark, indicating a positive outcome or skill acquisition.

I CAN:

Play peekaboo and
have fun with it.

A green rectangular box containing a large, light green checkmark, indicating a positive outcome or skill acquisition.

I CAN:

Smile back when you smile,
laugh and play with me.

A green rectangular box containing a large, light green checkmark, indicating a positive outcome or skill acquisition.



I CAN:

Be sad, scared, or upset when
I meet someone new.



I CAN:

Have a favourite person,
toy or object.



Communication Skills

This is how I talk, listen and understand.

Mark the box to see the things I can do
and what I might need help with.

I CAN:

Turn when I hear my name.



I CAN:

Wave hello and goodbye.



I CAN:

Shake my head for "no" and
nod my head for "yes."





I CAN:

Follow simple directions
like "Come here" or
"Give me the ball."



I CAN:

Say words like "Mama",
"Dada", and "Baba."



Cognitive Skills

This is how I think and learn.

Mark the box to see the things I can do
and what I might need help with.

I CAN:

Explore toys and objects to
see how they work. (I like
to shake, bang, push, or drop
things to see what happens!)



I CAN:

Look at a book and try to
turn the pages by myself.





I CAN:

Find things that are hidden from me. (If you hide my toy, I will look for it.)



I CAN:

Copy what you do, like clapping, sneezing, waving, or pointing.



I CAN:

Enjoy finger rhymes like "Round and Round the Garden" and have fun with actions.



I like it when you:

Let me try using a spoon,
even if I make a mess.



Give me small foods
I can pick up with my fingers.



Let me practice walking by holding your hand.

Cheer for me when I try something new.

Talk to me all the time,
even if I don't answer yet.



Listen and respond when I make sounds.



Read books with me and
let me turn the pages.

Sing songs with me and do hand motions.

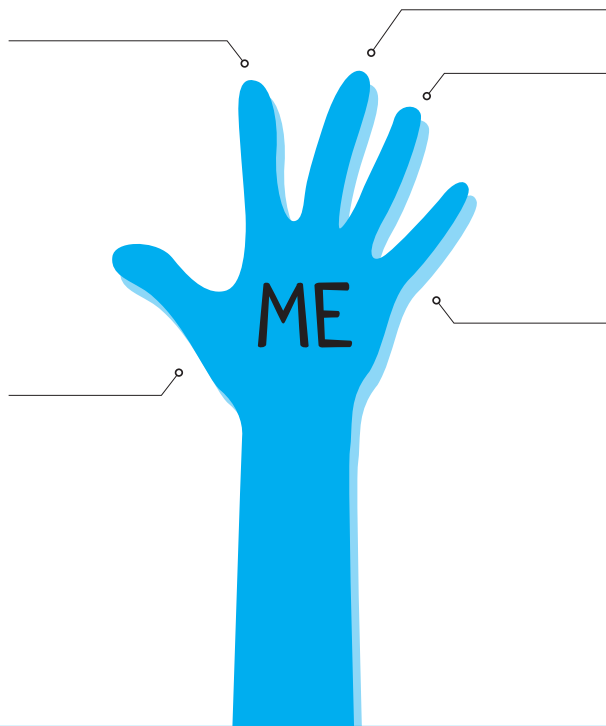
Play peekaboo with me.



Put me to bed at the same time every night.

MY NETWORK

(People I can ask for help)



What if you're worried about me?

Every child learns at their own speed, and that's okay!

Sometimes I might take a little longer to learn something new.

But if you ever feel like I've stopped doing things I used to do, or you're worried about my development, you can talk to a doctor or health professional.

There's always help and support available.

Where to get help

**Child
Development
Service**

**My Family
Doctor**

**Child
Health Nurse**

**My child's childcare or
primary school.**

**Child and
Adolescent
Health
Service(CAHS)**



**Ngala
Parenting Line**



**Wanslea Early
Childhood
Approach**



Community Resources

There are groups and activities in my community that will help me grow and learn. Let's explore them together!

**My Community
Directory -
Armadale Child
Services**



**City of Armadale
Libraries**

9394 5125



**Bright
Tomorrows
Website**



**Triple P - Positive
Parenting
Program**



Playgroup WA



**Raising Children
Network
Website**



**Child and Parent
Centers WA**



**State Library of
WA**



**City of Armadale
Hardship Directory
Resource**



Help for parents and carers

To support your child, you also need to look after
yourself. You can get help from:

13YARN
13 92 76



ForWhen
(For parents with
children up to 12m)
1300 24 23 22



Beyond Blue
1300 22 4636



**Armadale
Medicare Mental
Health Centre**
(Free/No Medicare
card needed)
1800 595 212



**Anglicare
Financial
Counselling**
1300 114 446



**Carers WA
Carer Gateway**
1800 422 737



**Relationships
Australia**



1800RESPECT
1800 737 732



