

Me at 2 Passport



What I am doing at 2 years old

This book belongs to:



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For more information about Me at 2, please contact Megan via email mmitchell@wanslea.org.au.

We'd love to hear what you think!

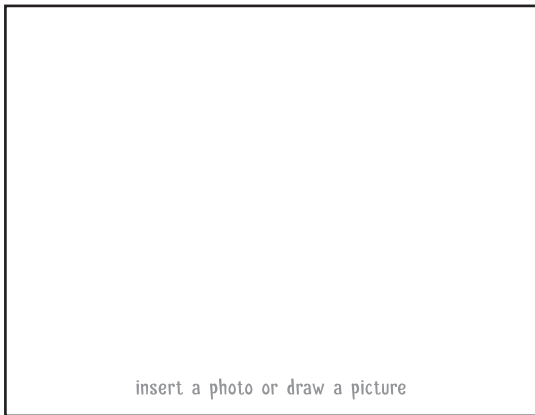
Scan the QR code to tell us how you used the passport. Your feedback will help us make it even better for other families.



ALL ABOUT ME

This passport is all about me at 2 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.



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 2. 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 2 years old, playing and interacting with others helps my brain grow stronger.

I like it when you:

Take me to new places, like the park or library.

Help me name things around me.

Let me try and feed myself.

Sing songs and dance with me.

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:

Walk, climb and run.



I CAN:

Jump with both feet
off the ground.



I CAN:

Climb onto and down from
furniture without help.





I CAN:

Climb steps or stairs
one foot at a time.



I CAN:

Kick, roll, and throw a ball.



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:

Stack 4 to 6 blocks and
knock them over.



I CAN:

Turn pages of a
book by myself.



I CAN:

Draw a straight line
when you show me how.





I CAN:

Screw a lid on
a jar with help.



I CAN:

Play with playdough or slime.



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:

Help you dress me by putting
my arms in and lifting my feet.



I CAN:

Feed myself with a spoon,
but I might be messy.



I CAN:

Drink from an open
cup with help.





I CAN:

Wash and dry my own
hands with help.



I CAN:

Pack away my things with help.



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:

Express affection.



I CAN:

Express big feelings.
(especially when I'm tired or
hungry) and need help to settle.





I CAN:

Play near other children and sometimes with them.



I CAN:

Start to play turn-taking games.
(e.g. example taking turns to roll a ball or blow bubbles).



I CAN:

Copy other people's actions (like pretending to brush my hair).



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:

Name things (like "car", "dog",
or "book").



I CAN:

Say sentences with two words.



I CAN:

Follow 1-step instructions, e.g
"Close the door" or "Pick up
your shoes".





I CAN:

Tell you if I am hungry
or thirsty by using words
or gestures.



I CAN:

Point to my body parts
when asked (for example
"Where's your nose?" or
"Show me your eyes").



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:

Recognize myself in
a photo or mirror.



I CAN:

Match similar pictures.



I CAN:

Pretend play (like pretending
to eat imaginary food.)





I CAN:

Find something to stand
on to reach higher.



I CAN:

Enjoy rhymes and songs
by copying actions and
beginning to sing along.



I like it when you:

Let me climb, jump and explore safely.

Give me things to twist, stack, and build.



Let me try to do things by myself.

Talk to me about what we see and do.

Let me scribble and colour with crayons.

Give me choices. Instead of asking

“Do you want a snack?”, try

“Do you want an apple or a banana?”



Praise and encourage me when I
try to say new words.

Sort objects with me by colour, size, or type
(e.g. putting all the red blocks together).

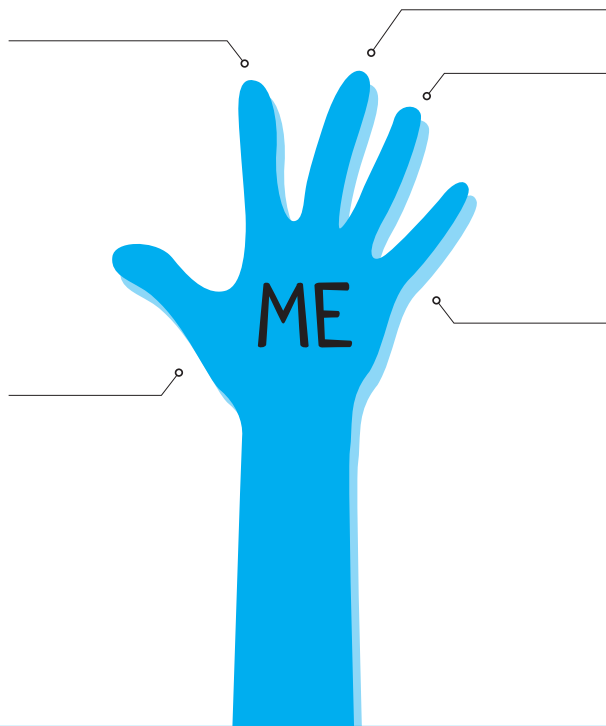
Read a book with me and ask me to
point to the pictures.



Stick to routines for mealtimes, naps
and bedtime to help me feel safe.

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!

**Better
Beginnings**



**Bright
Tomorrows**



Playgroup WA



**Raising
Children
Network**



**Triple P - Positive
Parenting
Program**



**Child and Parent
Centres WA**



**State Library
of WA**



Help for parents and carers.

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

13YARN



Beyond Blue



**Carers WA
- Carer Gateway**



**Parenting
Connection WA**



**Relationships
Australia**



