

Me at 3 Passport



What I am doing at 3 years old

This book belongs to:



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For more information about Me at 3, please contact Megan via email mmitchell@wanslea.org.au.

We'd love to hear what you think!

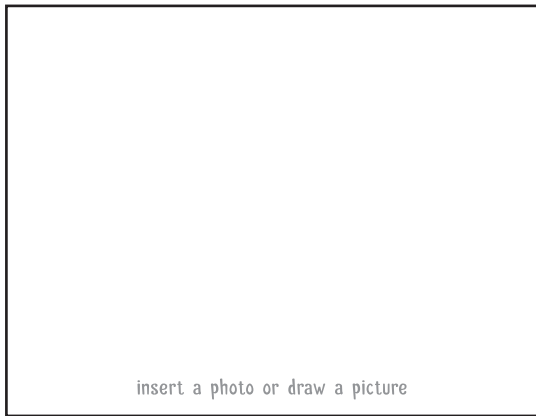
Scan the QR code to tell us how you used the passport. Your feedback will help us make it even better for other families.



ALL ABOUT ME

This passport is all about me at 3 years old!

The first five years of my life are very important because they help 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 3. 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 3 years old, playing and interacting with others helps my brain grow stronger.

I like it when you:

**Talk and play
with me.**

**Read stories
together.**

**Take me to new
places, like the
park or the
shops.**

**Let me help
with little jobs
at home, like
tidying 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:

Stand on one leg
for a short time.



I CAN:

Jump with both feet together
(like a kangaroo).



I CAN:

Run and stop when I need to.





I CAN:

Throw, catch, and
kick a large ball.



I CAN:

Climb on the
playground equipment.



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:

Draw straight lines.



I CAN:

Open my lunchbox and
drink bottle.



I CAN:

Use scissors to cut playdough
or paper.





I CAN:

Move a zip
up and down.



I CAN:

Press, roll, and make shapes
with playdough.



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:

Pull my pants up and down.



I CAN:

Brush my teeth and hair.



I CAN:

Wash and dry my hands.





I CAN:

Use a spoon and fork
to feed myself.



I CAN:

Tell you when I need to
go to the toilet.



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:

Get angry, sad, grumpy,
happy and excited and calm
down with your help.



I CAN:

Share and take turns
with others.





I CAN:

Play with other children.



I CAN:

Pretend play.

(Like feeding a doll
or driving a car.)



I CAN:

Tell when someone is sad
and try to help.



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:

Speak 5-word sentences.



I CAN:

Ask and answer
simple questions.
(Like 'who', 'what', and 'why')



I CAN:

Take turns talking.





I CAN:

Follow instructions that have
3 steps relating to routines

–

1. Go to your room
2. Get your hat
3. Put it on



I CAN:

Talk clearly enough for people to
understand me most of the time.



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 KNOW:

What is BIG or small.



I KNOW:

Words like 'in', 'on',
and 'under'.



I CAN:

Sort things by colour,
size or shape.





I CAN:

Count to 10.



I CAN:

Complete a puzzle by
matching the pieces and
turning them around.



I CAN:

Copy the actions in songs,
stories, and rhymes.



I like it when you:

Play with me and pretend we are animals
or characters from a TV show.



Help me open containers,
bottles and packets.

Let me use my fingers, spoon or a fork
to eat my food.



Talk to me about feelings like happy,
sad, angry and grumpy.



Ask me to help you clean up.

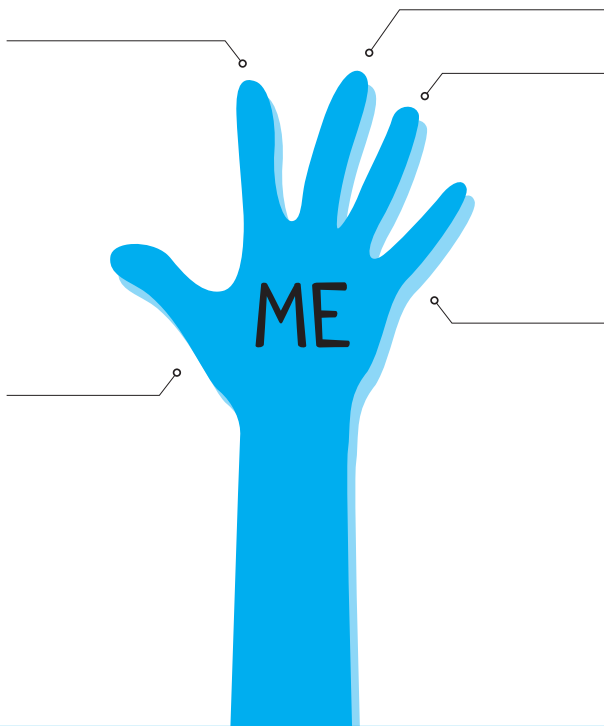
Ask me to pick the
food at the shops.



Ask me questions and give me time to
think about the answer.

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**



