

Me at 4 Passport



What I am doing at 4 years old

This book belongs to:



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For more information about Me at 4, please contact Megan via email mmitchell@wanslea.org.au.

We'd love to hear what you think!

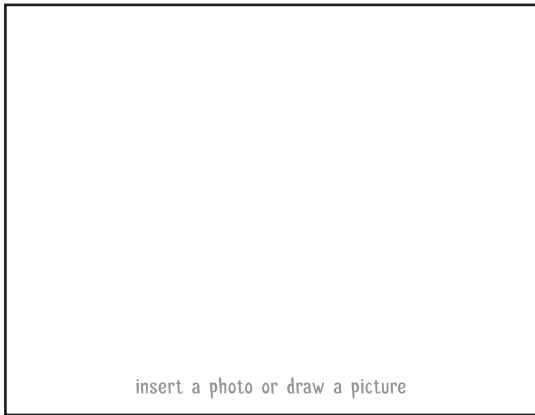
Scan the QR code to tell us how you used the passport. Your feedback will help us make it even better for other families.



ALL ABOUT ME

This passport is all about me at 4 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 4. 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 4 years old, playing and interacting with others helps my brain grow stronger. A safe and loving environment helps my brain grow and build the skills I need to learn, solve problems and handle big feelings. I need healthy food and sleep to help me feel safe and be my best self.

I like it when you:

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

Play pretend games with me.

Let me help with chores at home like setting the table.

Let me ask questions and talk about what I see.

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:

Throw and catch a
ball with both hands.



I CAN:

Hop on one foot and jump
forward with both feet.



I CAN:

Pedal a tricycle or bicycle.





I CAN:

Learn to skip.



I CAN:

Climb on 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 with a pencil, crayon,
or texta and start to copy
shapes and pictures.



I CAN:

Cut along a straight line with
scissors for simple shapes.



I CAN:

Button and unbutton
my clothes.





I CAN:

Build with small objects like
stacking blocks or Lego.



I CAN:

Use a spoon and
fork when eating.



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:

Choose my clothes
and dress myself.



I CAN:

Go to the toilet by myself
or with a little help.



I CAN:

Wash my hands with
soap and dry them.





I CAN:

Brush my teeth and put
toothpaste on my toothbrush.



I CAN:

Get food and drinks by
myself and feed myself.



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:

Understand when someone is hurt and try to comfort them.



I CAN:

Pretend to be a character in a game.





I CAN:

Share my toys with friends.



I CAN:

Say if I feel happy,
sad, or angry.



I CAN:

Recognize and show excitement
when I see my friends.



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 in sentences and use
many different words.



I CAN:

Answer questions about a story
or something that happened.



I CAN:

Enjoy jokes and rhymes.





I CAN:

Follow two-step instructions
like "Get your shoes and put
them on."



I CAN:

Tell others what I
want and need.



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:

Count objects up to 10 and
recognize some letters.



I CAN:

Draw a person with a head,
body, arms, and legs.



I CAN:

Understand and recognize
opposites like "big and small"
or "hot and cold"





I CAN:

Build things, like stacking blocks to make a tower or putting puzzle pieces together to make a picture.



I CAN:

Understand past and present
e.g. Yesterday vs Today.



I like it when you:

Take me swimming and teach me to swim.

Ask me to help you with cleaning and cooking.

Let me help choose food at the shops.



Keep a routine because it helps
me feel safe and secure.



Help me explore my surroundings
and try new things.

Show me different emotions and help me
express mine. Tell me that feelings are okay.

Play with me and show me how to do things.

Dance with me to your favourite music.

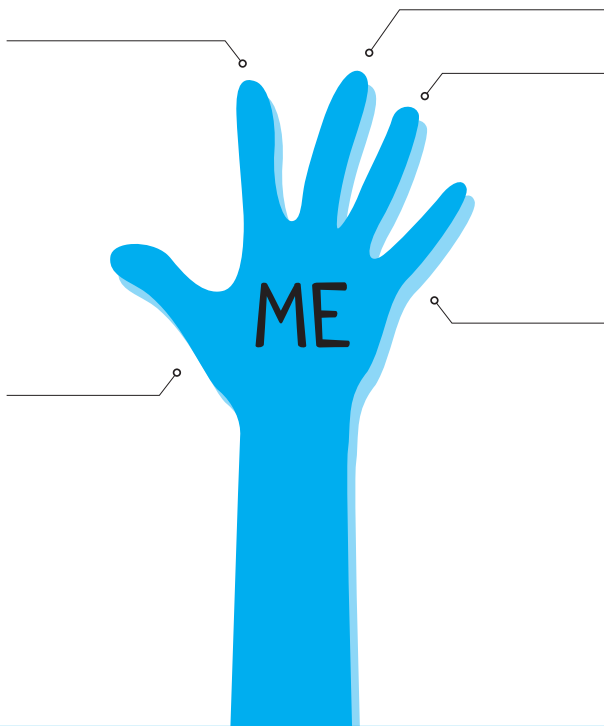
Take me to the library.



Read to me and let me repeat
the story to you.

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**



