

Me at 5 Passport



What I am doing at 5 years old

This book belongs to:



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For more information about Me at 5, please contact Megan via email mmitchell@wanslea.org.au.

We'd love to hear what you think!

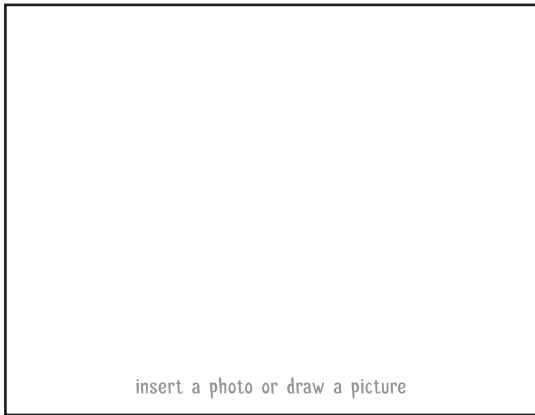
Scan the QR code to tell us how you used the passport. Your feedback will help us make it even better for other families.



ALL ABOUT ME

This passport is all about me at 5 years old!

The first five years of my life are 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 5. 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 5 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 manage big feelings. I need healthy food and sleep to help me feel safe and be my best self.

I like it when you:

Read books together and talk about the story.

Let me help with chores at home like packing my bag.

Play turn-taking games with me.

Take me to new places like the library or museum.

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:

Run, jump, hop,
gallop and skip.



I CAN:

Throw and catch a
small ball or beanbag.



I CAN:

Climb on the playground
equipment on my own.





I CAN:

Ride a bike or scooter
on my own.



I CAN:

Balance on one foot
for a few seconds.



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 letters, numbers,
and shapes.



I CAN:

Use scissors to
cut along lines.



I CAN:

Open packets and
containers by myself.





I CAN:

Use buttons, zips, and
try to tie my shoelaces.



I CAN:

Build and connect small
toys like Lego.



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:

Use the toilet independently
during the day and try my
best at night. I can go to
the toilet before bedtime
when reminded.



I CAN:

Dress and undress myself,
but I might still need help
with my shoes.





I CAN:

Wash and dry myself and
brush my hair.



I CAN:

Use a knife and fork
to eat my food.



I CAN:

Put my toys away and help
with simple house chores.



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:

Remember and follow the
rules of an easy game.



I CAN:

Recognize how others feel
and show concern.





I CAN:

Calm down with your help
when I have big feelings.



I CAN:

Share and have fun
with my friends.



I CAN:

Name the safe people
in my life.



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:

Talk with others by taking
turns in a conversation.



I CAN:

Answer questions about
a story or a book when
we read together.



I CAN:

Follow a familiar three-step
instruction for example
"Put on your shoes, grab your
bag and wait by the door."





I CAN:

Ask more complex questions,
including “what”, “where”, “who”,
“how” and “why.”



I CAN:

Say most words clearly,
but I might still find sounds
like “r” or “th” tricky.



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:

Recognise my name when I
see it written.



I CAN:

Count and recognise
numbers to 20.



I CAN:

Attend to a group activity for
around 15 minutes.





I CAN:

Understand and talk about times of the day, like morning, afternoon, and night.



I CAN:

Use my imagination to act out different roles in play.



I CAN:

Understand simple safety rules, like keeping away from hot items in the kitchen.



I like it when you:

Let me build with small blocks and puzzles.



Dance with me and play music
so I can practice moving to the beat.

Let me practice opening my own snacks and lunchbox.

Play outdoor games with me like 'Simon Says' to
practice listening skills.

Help me write my name on drawings .



Give me small tasks like putting toys
in a bin or helping set the table.

Share how you feel out loud with me,
so I learn to name my feelings too.



Make reading books together
part of our everyday routine.

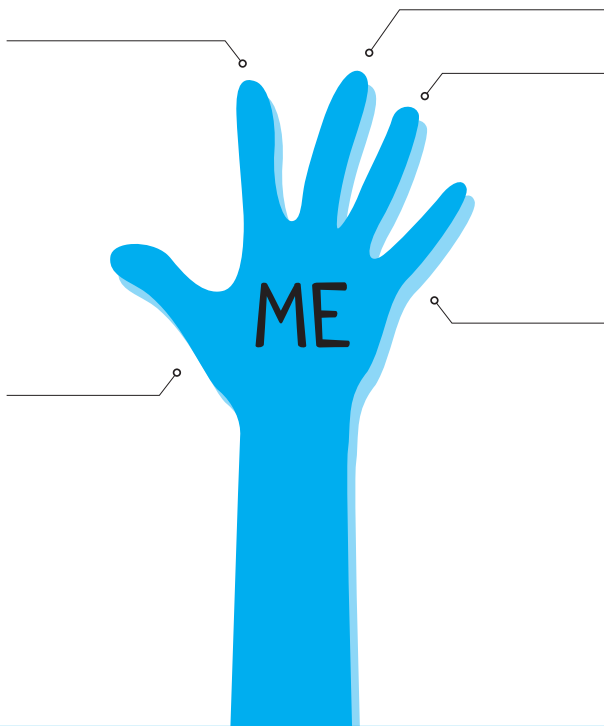
Give me lots of opportunities to
play with friends or siblings.



Show me how to solve problems on my own by
guiding me with the right words or actions.

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**



