

Me at 1 Passport



What I am doing at 1-years old

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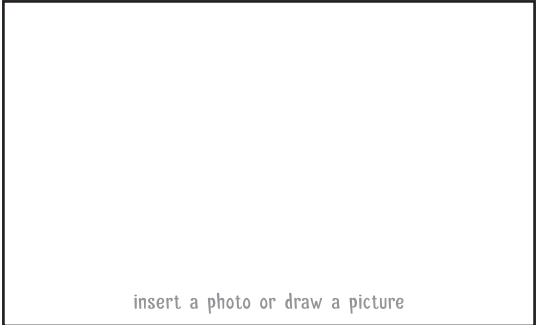


The Armadale Early Years Network is a collaborative group offering service providers a forum that builds capacity and empowers individuals and organisations to shape a healthy, happy and thriving community and ensure local families feel supported, safe and connected. We are made up of members from community service organisations, local, state and federal governments.

For more information please contact info@armadale.wa.gov.au

ABOUT ME

Parent to fill out



insert a photo or draw a picture

My favourite toy is _____

My favourite book is _____

My favourite nursery rhyme is _____

This book outlines the skills that 1 year olds can achieve and encourages families to be aware of the baby/toddler milestones and importance of early brain development and learning through connection and play. Please note, all children grow and progress at differing rates so this is a guideline only. If you do have concerns, please reach out to your local Child Health Nurse.

Look what I can do!

Tick the box when I have done it.

Gross Motor Skills

I CAN:

Sit and support myself



I CAN:

Pull myself up to stand (with support of furniture, person or object)



I CAN:

Crawl, scoot or creep on hands and knees



I CAN:

Clap my hands and bang two toys together



I CAN:

Get into a sitting position without help



I CAN:

Start to take steps (supported or unsupported) and hold my weight



Look what I can do!

Tick the box when I have done it.

Fine Motor Skills

I CAN:

Point at an object



I CAN:

Put objects in a box and
take them out



I CAN:

Feed myself some foods
with my hands



I CAN:

Pick up small objects in a
thumb-finger grip



I CAN:

Build a tower with two blocks



I CAN:

Throw a ball with one arm



Look what I can do!

Tick the box when I have done it.

Communication Skills

I CAN:

Make eye contact



I CAN:

Respond to simple spoken instructions



I CAN:

Respond to my own name



I CAN:

Say one to three simple words



I CAN:

Try to copy your speech, movements and body language



I CAN:

Use gestures to communicate what I need (e.g. shake my head for no)



Look what I can do!

Tick the box when I have done it.

Emotional and Social Skills

I CAN:

Smile and laugh when we
are playing



I CAN:

Cry when someone near to
me is upset



I CAN:

Show affection to familiar people and feel
comfortable when I know my carer is nearby



I CAN:

Sometimes show I am upset
when frustrated



I CAN:

Show delight when I see you or
someone close to me



I CAN:

Show that I am proud when I learn
new things



Look what I can do!

Tick the box when I have done it.

Thinking Skills

I CAN:

Understand and follow one step/
basic commands



I CAN:

Look at a book and have a go at
turning the pages myself



I CAN:

Repeat actions if they make
you laugh



I CAN:

Explore my surrounds in an inquisitive
manner – What does this do?
What is this?



I CAN:

Look for something I have dropped or
hidden (I am learning cause and effect)



I CAN:

Start to show I am problem solving (e.g.
overcome obstacles to reach a toy I want)



I like it when you:



Keep me in a routine as this keeps me
feeling safe and secure

Help me explore my surroundings and keep me
safe while doing so

Show me a range of emotions in your facial
expressions and tell me feelings are O.K.

Play with me and show me how to do things

Make eye contact with me



Connect with me through baby massage,
talk & chat and cuddles



Sing and talk to me

Dance with me and show me the actions to your
favourite nursery rhyme



Talk about the objects I am looking at and
explain my surroundings

Read to me (have you got our
Better Beginnings Pack?)



Play peek-a-boo with me

Delight in me when I come to you

Let me have a turn feeding myself



Take me to the local Library
(let's try Baby Rhyme Time)

Help me explore the outdoors

Allow me to have messy play



Take me to Playgroup and activities

Questions

List any questions you have regarding your child's development here.

[illegible]

Questions

This is a great way to remember what to discuss with your support network and/or child health service provider.

[illegible]

For parents, who can you go to?

Raising Children
Network
raisingchildren.net.au

Your Local
Government Libraries
library.armadale.wa.gov.au

My childcare or
early learning
educator

My child
health nurse
cahs.health.wa.gov.au

Ngala Parenting Line
9368 9368
ngala.com.au

Playgroup WA
playgroupwa.com.au

Better Beginnings
better-beginnings.com.au

Bright Tomorrows
brighttomorrows.org.au

Visit My Community Directory for local services
in specific fields to suit your needs.

mycommunitydirectory.com.au/western_australia/city_of_armadale



Supporting Partners

THROUGH THEIR HELP THIS WAS MADE POSSIBLE:



The Me at 3 Passport was founded by the Peel Early Years Collective and implemented by Wanslea Early Learning and Development

Connecting
Community for



The Me at 2 Passport was developed and implemented by Connecting Community for Kids with support from City of Cockburn and Woodside.

