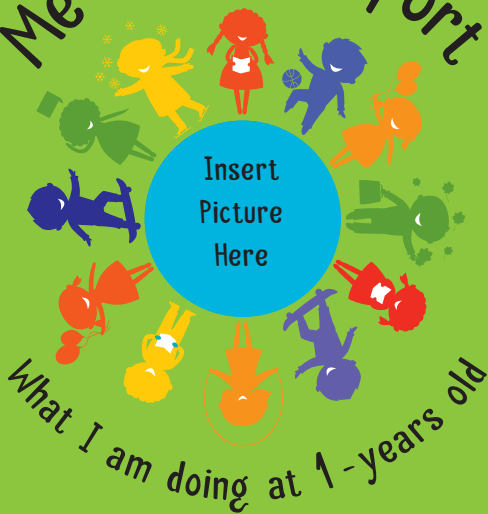


Me at 1 Passport



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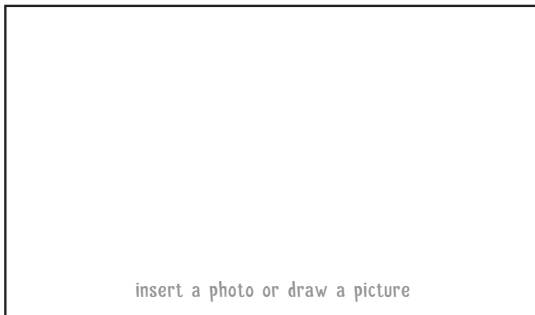


The Mandurah Early Years Group are collaborating to improve outcomes for children in the City of Mandurah. We are made up of members from community services, local and state governments.

For more information please contact:
cdo@mandurah.wa.gov.au

ABOUT ME

Parent and Child 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 different 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.

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:

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



I CAN:

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



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 when my carer
is nearby





I CAN:

Show when I am upset
or 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.

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, movement 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.

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 food
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 an object with one arm



Look what I can do!

Tick the box when I have done it.

Gross Motor Skills

I CAN:

Sit and support myself



I CAN:

Crawl, scoot or creep on
hands and knees



I CAN:

Get into a sitting position
without help





I CAN:

Pull myself up to stand with support of furniture or object



I CAN:

Clap my hands and bang two toys together



I CAN:

Start to take steps and hold my weight



Contacts

Child Parent Centre Dudley Park – 9537 5603
www.childandparentcentres.wa.edu.au/dudley-park/

City of Mandurah Libraries – 9550 3650
www.mandurah.wa.gov.au/community/places/Libraries

OVIS Community Services – 9535 4775
ovis.org.au/

Parenting Connections – 0402 517 389
www.parentingconnectionwa.com.au/

Playgroup WA – 9228 8088
www.playgroupwa.com.au/

Peel Youth Services – 9581 3365
www.peelyouthservices.org.au/

Wanslea – 9245 2441
www.wanslea.asn.au/wanslea/contact/locations/mandurah/

Bright Tomorrows
www.brighttomorrows.org.au/

**Remember to book your 1 year old health check
with a friendly Child Health Nurse**

Bookings can be made on line:

<https://healthywa.wa.gov.au/Purple-Book-Appointments>

Or by phone: 1300 749 869

