

## **Self-Care Checklist**

### **DRESSING – BY ABOUT 18 MONTHS**

- Pulls a hat off
- Pulls socks off
- Pulls mittens off
- Pulls shoes off (may need help with laces, buckles and velcro straps)
- Pulls coat off (may need assistance unbuttoning and unzipping)
- Pulls pants down (may need assistance unbuttoning and unzipping)
- Pulls pants up (but may need help getting pants over a diaper, and with buttoning, snapping and zipping)

### **DRESSING – BY ABOUT 30 MONTHS**

- Unties shoe laces
- Unbuttons front buttons
- Unsnaps
- Fastens and unfastens velcro
- Unzips front zippers (smaller zippers may be difficult)
- Removes shirt (tight shirts may require assistance)
- Removes pants or skirts (may need help unzipping and unbuttoning)
- Puts on shoes (needs help discriminating right from left and tying)
- Puts on pants (may need help zipping and buttoning up)
- Adjusts clothing
- Matches own socks
- Matches own shoes
- Puts dirty clothes in a hamper

### **DRESSING – BY ABOUT 48 MONTHS**

- Undresses (but may need help with tight pullover clothes)
- Dresses (may need help with back buttons and zippers such as on a dress)
- Puts on coat
- Puts on socks
- Puts on pants
- Buckles and unbuckles most buckles (some may be more difficult)
- Zips and unzips front zippers
- Buttons and unbuttons front buttons
- Snaps and unsnaps front snaps
- Attempts to lace shoes
- Puts on shoes (discriminating right from left with a stimulus prompt)
- Attempts to tie shoes
- Hangs up own clothes on a hook
- Hangs up own clothes on a hanger (with assistance)

- Folds own clothes
- Puts clothes in drawer

### **BATHING AND GROOMING – BY ABOUT 18 MONTHS**

- Wipes nose with a tissue (with assistance)
- Washes hands (with assistance)
- Dries hands (with assistance)
- Attempts toothbrushing (with assistance)

### **BATHING AND GROOMING – BY ABOUT 30 MONTHS**

- Attempts to use a washcloth and soap while bathing (with assistance)
- Brushes teeth (with assistance)
- Washes face (with assistance)
- Dries face
- Attempts to wash hands independently
- Dries hands
- Attempts to brush hair (but needs assistance)

### **BATHING AND GROOMING – BY ABOUT 48 MONTHS**

- Wipes nose with a tissue and puts it in the trash
- Uses a washcloth and soap when bathing
- Washes hair (with assistance for longer hair)
- Brushes teeth
- Flosses teeth
- Washes hands
- Washes face
- Dries both face and hands
- Hangs up towel after washing
- Brushes hair (with assistance for longer hair)

### **FEEDING – BY ABOUT 18 MONTHS**

- Eats finger foods
- Drinks from a cup by self
- Uses a spoon to scoop food
- Sucks from a straw

### **FEEDING – BY ABOUT 30 MONTHS**

- Uses a fork to pick up food
- Uses a napkin

- Carriers own lunch box or plate to table
- Opens own lunch box
- Opens ziploc bags
- Unwraps partially opened food packaging
- Puts a straw into a juice box
- Peels a banana
- Takes off own bib

### **FEEDING – ABOUT 48 MONTHS**

- Uses side of fork to cut softer foods
- Uses a knife for spreading
- Uses a knife for cutting (softer foods)
- Keeps eating area reasonably clean while eating
- Unwraps most food packaging
- Opens milk or juice container
- Pours liquids into a cup or bowl (from a small pitcher or lunch thermos)
- Helps to prepare simple foods (spreading, stirring, using cookie cutters, holding a beater, measuring ingredients, pouring ingredients)
- Helps to set the table for meals
- Takes dishes to the sink
- Wipes the table with a sponge or towel

### **TOILETING – READINESS SKILLS – BY ABOUT 24 MONTHS**

- Responds to reinforcement
- Follows simple directions
- Seems uncomfortable in soiled diapers
- Remains dry for 2 hours at a time
- Bowel movements are predictable and regular
- Pulls pants down
- Pulls pants up
- Can sit still for 2 minutes at a time

### **TOILETING – BY ABOUT 36 MONTHS**

- Has learned a word, sign or PECS for using the toilet (e.g., potty, pee, sign for toilet)
- Mands to use the toilet
- Sits on toilet
- Urinates on toilet
- Wipes after urinating (girls)
- Deficates on toilet
- Wipes after deficating (with assistance)

- Pulls underwear up
- Pulls pants up
- Zips or buttons pants
- Flushes toilet
- Washes hands (with some assistance)
- Dries hands

**TOILETING – ABOUT 48 MONTHS**

- Aims into toilet standing (boys)
- Wipes self (girls wipe from front to back)
- Washes and dries hands independently
- Night-time trained
- Washes and dries hands independently