

# Development of Self Help

	Dressing	Personal Hygiene	Self-Feeding
2-3 years	<ul style="list-style-type: none"> <li>• Cooperates/Participates</li> <li>• Pulls socks/shoes off Removes hat</li> <li>• Removes shoes</li> <li>• Puts shoes on with help</li> <li>• Gets undressed*</li> <li>• Helps pull elastic waist pants up</li> <li>• Tries to put pants on*</li> <li>• Tries to put socks on</li> <li>• Can put coat on *</li> </ul> <p>*help with fasteners</p>	<ul style="list-style-type: none"> <li>• Washes and dries hands with help</li> <li>• Turns faucet on and off</li> <li>• Wipes nose with help</li> <li>• Helps with clothing while toileting</li> <li>• Can distinguish between urination and bowel movements</li> <li>• Verbalizes need for toileting</li> <li>• Goes to wash room in dependently (still needs help with wiping)</li> <li>• Participates in tooth brushing</li> </ul>	<ul style="list-style-type: none"> <li>• Dips or fills spoon with food</li> <li>• Holds cup with handles</li> <li>• Hold cups with one hand</li> <li>• Uses spoon with some spilling (palnup)</li> <li>• Pierces with fork</li> <li>• Drinks from cup or glass</li> <li>• Eats a variety of foods</li> <li>• Can wipe mouth with a napkin if given a reminder</li> </ul>
3-4 years	<ul style="list-style-type: none"> <li>• Pulls pants on and off</li> <li>• Pulls socks on with minimal assistance</li> <li>• Puts on shoes (may be on wrong feet)</li> <li>• Zips and unzips non-separating zipper</li> <li>• Unbuttons large buttons</li> </ul>	<ul style="list-style-type: none"> <li>• Can wash and dry hands and face independently</li> <li>• Tries to wipe self after toileting</li> <li>• Flushes toilet</li> </ul>	<ul style="list-style-type: none"> <li>• Holds cup with 1 hand</li> <li>• Uses forks and spoons without spilling</li> </ul>
4-6 years	<ul style="list-style-type: none"> <li>• Can connect 2-part separating zipper on jacket</li> <li>• Can buckle a belt</li> <li>• Puts shoes on correct feet</li> <li>• Independent with dressing</li> <li>• Can orient clothing when putting it on</li> </ul>	<ul style="list-style-type: none"> <li>• Infrequent toileting accident</li> <li>• Can wipe independently after toileting</li> </ul>	<ul style="list-style-type: none"> <li>• Holds fork and spoon with fingers</li> <li>• Can open a variety of different containers</li> <li>• Can prepare simple food si.e peeling, pouring, unwrapping</li> </ul>



Inspiring possibilities for children and youth with special needs.