

## Self Help

The Self-Help section examines the child's ability to cope independently and responsibly with the skills of daily living. This area includes items which involve: feeding, dressing, toileting, bathing, and grooming.

1 year	1. Finger feeds self for part of meal
14 months	2. Pulls of socks
15 months	3. Shows wet soled pants
16 months	4. Drinks from cup/glass
18 months	5. Uses toilet when taken by adult
21 months	6. Replaces cup after drinking
2 years	7. Removes coat
	8. Feeds self with spoon (held with fist)
30 months	9. Dries own hands
33 months	10. Puts on coat
	11. Hangs clothing on hook
3 years	12. Feeds self with fork (held with fist)
	13. Holds cup by handle when drinking
	14. Wipes nose with tissue
	15. Turns faucet on and off
	16. Turns door knob and opens door
	17. Pours from pitcher
	18. Removes pull-down garment
	19. Unties and removes shoes
	20. Unbuttons front buttons
	21. Undresses completely <i>with</i> assistance
	22. Removes pull-over garment
	23. Puts on shoes (often on incorrect feet)
	24. Snaps front snaps
	25. Brushes teeth <i>with</i> assistance
42 months	26. Walks to classroom from bus/play area following adult
	27. Gets drink of water
	28. Washes and dries hands
	29. Unbuckles belt
	30. Flushes toilet after use
	31. Goes to toilet alone
4 years	32. Places paper towel into waste basket after use
	33. Puts on sock
	34. Zips non-separating front zipper
	35. Serves foods to self
	36. Prepares bowl of dry cereal
	37. Puts on pull-up garment
	38. Buckles belt
	39. Buttons front buttons
	40. Puts on shoes (on correct feet)
	41. Laces shoes
	42. Dresses completely <i>with</i> assistance
	43. Brushes teeth <i>without</i> assistance
	44. Feeds self with spoon (held with fingers)
	45. Feeds self with fork (held with fingers)
54 months	46. Wipes self after toileting
	47. Rinses mouth after brushing teeth
	48. Washes and dries face
	49. Inserts belt in loops
	50. Zips separating front zipper
5 years	51. Uses napkin
	52. Puts on pull-over garment
	53. Blows nose
	54. Spreads food with table knife
	55. Prepares sandwich
	56. Undresses and dresses completely <i>without</i> assistance
6 years	57. Ties shoe laces
	58. Brushes/Combs hair
	59. Cuts food with table knife and fork
	60. Bathes self with assistance