

ACTIVITIES OF DAILY LIVING

I Can Do It Myself!

Listed below are developmental guidelines for dressing, feeding, toileting and general hygiene skills for children. It is only a guide, and is not intended as medical advice. Children progress at different levels. If you feel that your child may be lagging far behind, it might be a good idea to discuss your concerns with your pediatrician.

12 months	Begins regularity in toileting. Cooperates in drying, washing hands, and dressing (for example – child will hold foot up for shoe, arm out for sleeve). Is able to remove socks and place hat on and off head. In feeding, able to dip spoon into food, but does not scoop. Turns spoon upside down before entering mouth. Holds cup, but tips quickly and spills liquid.
12 to 18 months	Dries and washes hands. May want to sit on potty chair or toilet. In feeding, lifts cup and drinks well with little spilling. Hands cup to another person and will drop it if no one is there to receive it. May carry food from dish and place it on spoon instead of scooping.
18 mo to 2 years	Will use potty if placed on toilet at the right time. Handles cup well with decreased spillage. Attempts to use cup with one hand and inserts a spoon into mouth without turning it over.
2 years	Knows hot and cold faucet. Will wash and dry hands and brush teeth with assistance. Can verbalize need for potty. Can remove unfastened garment and is able to find arm holes independently. Requires decreased assistance with feeding.
2 ½ to 3 years	Daytime potty control with occasional accidents. Full anticipation of toileting needs. Attempts to put on socks, front button coat or shirt. Can unbutton one large button.
3 to 4 years	Bladder control through the night, can wipe bottom. Blows nose on request or independently. Drinks well with straw. Able to snap front snaps, unzips front zipper, Buttons series of small buttons.
4 years	Buckles shoes or belt, laces shoes, knows front and back of clothes, places belt in loop.
4 to 5 years	Full independence in toileting. Washes and dries hands and face, brushes teeth and bathes without help. Ties a knot, dresses unsupervised. Spreading with a knife begins.