Self Care Skills

BY 15 MONTHS

* Brings spoon to mouth- turns spoon over
* Holds cup handle

BY 18 MONTHS

* Holds and drinks from cup with some spilling
* Indicates discomfort over soiled pants verbally or by gesture
* Sleeps ten-twelve hours at night
* Removes hat
* Removes socks

BY 24 MONTHS

* Knows difference between food and non-food items
* Chews completely with rotational jaw movements
* Gives up bottle
* Removes shoes when laces are undone
* Unzips and zips large zipper
* Sits on potty chair with assistance
* Washes and dries hands partially
* Verbalizes need to potty

BY 26 MONTHS

* Handles fragile items carefully
* Pulls down pants with assistance
* Unbuttons large buttons

BY 30 MONTHS

* Helps put things away
* Holds spoon in fingers with palm up
* Washes hands
* Pulls pants up with assistance