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 unbucks 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
___ Carries 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)
___ Defecates on toilet
___ Wipes after defecating (with assistance)

*This VB-MAPP Supplement – Self-Care document was printed from www.avbpress.com with minimal alterations.*
___ 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