PERSONAL CARE DEVELOPMENT

9–12 months
• Removes socks in sitting position

1–2 years
• Assists with dressing, holds arms out, putting foot up for shoe
• Pushes leg through pants
• Takes off hat
• Pulls off shoes
• Pulls of sock
• Indicates when wet or soiled

2–3 years
• Removes unfastened garments and elastic waist pants
• Removes coat, with help with fasteners
• Puts on front-button shirt and jacket with help with fasteners
• Puts on socks with difficulty with heel placement
• Helps push down pants (standing)
• Unzips front or side zipper
• Unsnaps
• Indicates need for using the bathroom but may need reminders
• Needs supervision for brushing or combing hair

3–4 years
• Needs assistance to remove and put on pullover shirt
• Independent with pull-down garments (pants and underpants)
• Puts on socks with heel placement
• Puts on shoes, may be on wrong feet
• Puts on jacket
• Unlaces shoes
• Unbuttons and buttons large buttons
• Unsnaps and snaps
• Unzips and zips jacket
• Unbuckles and buckles shoes or belt
• Covers mouth when coughing upon request
• Washes and dries hands
• Blows and wipes nose
• Goes to bathroom independently, able to on and off commode without assistance

4–5 years
• Laces with supervision for sequencing
• Buttons large buttons
• Zips, locking tab
• Zips, aligning separating zipper
• Washes and dries face
• Brushes teeth
• Puts belt in loops
• Manages shoes with Velcro

5–6 years
• Puts on pullover garment correctly
• Buttons medium buttons
• Dresses self with assistance for back fasteners, small buttons, bows
• Puts shoes on correct feet
• Laces
• Ties a knot
• Cleans and wipes nose independently
• Completely cares for toileting needs

6–7 years
• ties a bow
• buttons small buttons
• closes back zipper
• brushes or combs hair independently