

## 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