

# SELF-CARE MILESTONES CHART

## EDUCATIONAL HANDOUT

The chart is a collection of early childhood self-care skills from birth to 7 years old. It may be helpful for parents with young children and occupational therapy practitioners who need more resources.

When using the chart, consider the following:

- Review the child's skills that they display to their current age.
- Each stage assumes that the prior stages have been met.
- The chart was designed to serve as a functional screening tool. It is not an alternative for assessments or reflects strict, standardized research.

### Birth-1 year

- Forms a tight seal around the nipple when sucking
- Swallows liquids
- Coordinates sucking, swallowing, and breathing during feeding
- Opens mouth in anticipation of feeding, such as when setting breast or bottle
- Enjoys bathing
- Sleeps 4-10 intervals at night
- Closes lips when swallowing
- Eats pureed foods
- Uses tongue to move food around in mouth
- Shows definite likes and dislikes with foods



### 1-2 years

- Pulls socks off
- Feeds self with finger foods
- Chews textured foods
- Brings a spoon to the mouth
- Begins to use spoon to scoop food and fed self
- Drinks from a cup that is held by an adult
- Drinks from a straw
- Cooperates and assists with dressing and undressing, such as helps with putting arms into arm holes
- Opens mouth for teeth to be brushed
- Sleeps through the night
- Zips and unzips a large zipper
- Helps with simple household activities, such as putting away toys
- Indicates discomfort or fuss when a diaper needs to be changed



### 2-3 years

- Tries to wash hands
- Tries to wash face
- Imitates parents when brushing teeth
- Brushes teeth with parent's full assistance
- Removes loose clothes
- Removes front opening clothes, such as jackets
- Pulls down and takes off pants that has no fasteners
- Puts on socks with some assistance
- Opens a door by using the knob
- Puts on simple clothes with some assistance
- Eats with a spoon
- Uses napkins to wipe face and hands
- Wipes nose
- Sits on a toilet for at least 1 minute



### 3-4 years



- Pours liquid with some assistance
- Cleans up spills
- Tells an adult when need to go to the toilet
- Takes responsibilities for toileting but needs help with wiping
- Puts on simple clothes with little assistance
- Washes and dries hands with some assistance
- Brushes teeth with some assistance
- Manages large size buttons
- Manages snaps
- Sleeps through the night without wetting the bed or diaper

### 4-5 years



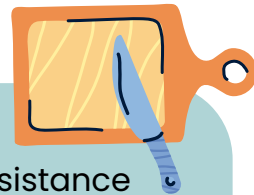
- Dresses self with set up or supervision
- Zips a zipper without assistance
- Puts on socks and shoes without assistance
- Washes most body parts without assistance
- Begins to brush hair
- Uses bathroom without assistance

### 5-6 years



- Ties shoelaces
- Brushes teeth without assistance
- Dresses without assistance
- Puts shoes on correct feet
- Bathes/showers with some assistance
- Opens lunch boxes and some food packages

### 6-7 years



- Bathes/showers without assistance
- Brushes hair without assistance
- Uses knife to cut soft food
- Spreads food with knife

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