

OCCUPATIONAL THERAPY



Self-Help Skills Checklist

EARLY CHILDHOOD

12 MONTHS - 7 YEARS



- Sub-Sections Include:
 - ☑ Self-Dressing Skills
 - ☑ Feeding Skills
 - ☑ Toileting Skills
 - ☑ Personal Hygiene/
Grooming Skills
- Organized into age ranges.
- Quick screen for therapists to assess developmental status of self help skills.

OCCUPATIONAL THERAPY



Self-Help Skills Checklist

CHILD'S NAME: _____ DOB: _____

SCREENER: _____ SCREEN DATE(S): _____

12 - 18 MONTHS

Directions: Determine child's chronological age. Look at the sub-section for that age and give the child a ✓ for the skills he/she possesses.

SELF-DRESSING SKILLS			
SKILL	YES	NO	COMMENT
Cooperates by holding arm out for sleeves and puts foot up for shoes			
Pushes arms through sleeves and legs through pants			
Begins to get undressed			
Pulls socks and shoes off			
Removes hat			
FEEDING SKILLS			
Fills spoon with food			
Holds cup with handles			
Holds and drinks from cup (with spilling)			
Smooth diagonal rotary movements in chewing			
Swallows ground, mashed, or coarsely chopped table food with noticeable lumps			
Most meats and many raw vegetables by 18 months			
Controlled, sustained bite on soft cookie at 12 months			
Controlled bite on hard cookie by 18 months			
TOILETING SKILLS			
Displays discomfort with soiled pants (verbal or gesture)			
Has regular bowel movements			
PERSONAL HYGIENE/GROOMING SKILLS			
Opens mouth for teeth to be brushed			

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CHILD'S NAME: _____ DOB: _____

SCREENER: _____ SCREEN DATE(S): _____

18 - 24 MONTHS

Directions: Determine child's chronological age. Look at the sub-section for that age and give the child a ✓ for the skills he/she possesses.

SELF-DRESSING SKILLS			
SKILL	YES	NO	COMMENT
Removes shoes with laces already undone			
Puts on shoes with assistance			
Cooperates with dressing by holding out arms and feet			
Pulls off shoes			
Removes socks			
FEEDING SKILLS			
Chews with diagonal, circular, and rotary jaw movements			
Does not use a bottle			
Holds cup in one hand			
Able to grade jaw movement when biting through various thicknesses			
Swallows with no liquid or food loss			
TOILETING SKILLS			
Sit on potty chair with assistance			
PERSONAL HYGIENE/GROOMING SKILLS			
Washes and dries hands partially			
Allows for wiping of nose			

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CHILD'S NAME: _____ DOB: _____

SCREENER: _____ SCREEN DATE(S): _____

24 - 30 MONTHS

Directions: Determine child's chronological age. Look at the sub-section for that age and give the child a ✓ for the skills he/she possesses.

SELF-DRESSING SKILLS			
SKILL	YES	NO	COMMENT
Removes pants			
Gets undressed with help for fasteners & sequencing			
Helps pull up elastic waist pants			
Tries to put pants on			
Unbuttons one large button			
FEEDING SKILLS			
Drinks from cup or glass			
Feeds self with spoon (palm up)			
Uses fork to spear with little spillage			
TOILETING SKILLS			
Assists with clothing management while toileting			
PERSONAL HYGIENE/GROOMING SKILLS			
Washes and dries hands partially			
Brushes teeth with assistance			
Wipes nose with assistance			

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CHILD'S NAME: _____ DOB: _____

SCREENER: _____ SCREEN DATE(S): _____

30 - 36 MONTHS

Directions: Determine child's chronological age. Look at the sub-section for that age and give the child a ✓ for the skills he/she possesses.

SELF-DRESSING SKILLS			
SKILL	YES	NO	COMMENT
Tries to put on socks			
Puts on front-button shirt (without buttoning)			
FEEDING SKILLS			
Picks up and directs spoon to mouth with some spilling			
Uses fork			
Uses napkin			
TOILETING SKILLS			
Able to distinguish between urination and bowel movements			
Verbalizes need for toileting			
Goes to the bathroom independently (help with wiping)			
PERSONAL HYGIENE/GROOMING SKILLS			
Uses a tissue to wipe around nose when reminded			
Assists in washing and drying body			
Turns faucet on and off			

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CHILD'S NAME: _____ DOB: _____

SCREENER: _____ SCREEN DATE(S): _____

3 - 4 YEARS

Directions: Determine child's chronological age. Look at the sub-section for that age and give the child a ✓ for the skills he/she possesses.

SELF-DRESSING SKILLS			
SKILL	YES	NO	COMMENT
Puts on pants			
Puts on shoes & socks			
Puts on shoes (may be incorrect feet)			
Puts on socks with minimal assistance at times			
Pulls down pants			
Unzips and zips non-separating zipper			
Zips down pants			
Buttons large buttons			
Snaps			
Unbuckles			
FEEDING SKILLS			
Holds glass/cup with one hand			
TOILETING SKILLS			
Indicates need for toileting (words or gestures)			
Tries to wipe self after toileting			
Flushes toilet			
PERSONAL HYGIENE/GROOMING SKILLS			
Washes and dries hands and face			

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CHILD'S NAME: _____ DOB: _____

SCREENER: _____ SCREEN DATE(S): _____

4 - 5 YEARS

Directions: Determine child's chronological age. Look at the sub-section for that age and give the child a ✓ for the skills he/she possesses.

SELF-DRESSING SKILLS			
SKILL	YES	NO	COMMENT
Buckles			
Connect two-part separating jacket zipper and zips up			
Puts on socks correctly			
Puts on shoes with minimal assistance			
Knows front versus back of clothing and inside from outside			
Puts belt in loops			
Independent with Velcro fastenings on shoes			
Places shoes on correct feet			
FEEDING SKILLS			
Holds glass/cup with one hand			
Sucks through straw while holding container with one hand			
Uses napkin			
Holds spoon with fingers			
Holds fork with fingers			
TOILETING SKILLS			
Infrequent accidents when using the toilet			
Uses toilet paper to wipe after toileting			
PERSONAL HYGIENE/GROOMING SKILLS			
Runs comb and brush through his/her hair			
Uses towel to dry body after washing			
Thoroughly brushes teeth			
Prepares toothbrush with water and paste			

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Self-Help Skills Checklist

CHILD'S NAME: _____ DOB: _____

SCREENER: _____ SCREEN DATE(S): _____

5 - 7 YEARS

Directions: Determine child's chronological age. Look at the sub-section for that age and give the child a ✓ for the skills he/she possesses.

SELF-DRESSING SKILLS			
SKILL	YES	NO	COMMENT
Dresses without help or supervision			
Selects and uses appropriate clothing			
Ties Shoes			
Buttons small buttons			
FEEDING SKILLS			
Spreads with knife			
Cuts soft food with knife			
TOILETING SKILLS			
Washes hands after using the toilet			
Completely cares for self at toilet			
PERSONAL HYGIENE/GROOMING SKILLS			
Combs or brushes hair			
Blows own nose			
Brushes teeth after meals or at designated times			
Washes face and body			

COMMENTS/ADDITIONAL INFORMATION:

REFERENCES

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