



## Developing Independent Living Skills

### Age 3

Caregivers can help children develop independent living skills at any age. Self-care, home, and community living skills can be graded and adapted to meet your child's specific needs and ability level. The following chart describes activities that your child should be able to do at their developmental age level.

<p><b>Dressing Skills</b></p> <ul style="list-style-type: none"> <li>Takes off a pull on t-shirt or sweatshirt</li> <li>Puts on pull on t-shirt or sweatshirt</li> <li>Puts on a jacket (excluding fasteners)</li> <li>Takes off elastic waist pants or shorts</li> <li>Puts on elastic waist pants or shorts</li> <li>Takes off socks</li> <li>Puts on socks</li> <li>Takes off shoes</li> <li>Puts on and fastens Velcro or elastic-laced shoes</li> <li>Puts on underwear</li> <li>Takes off underwear</li> <li>Obtains clothing from storage area</li> </ul>	<p><b>Feeding Skills</b></p> <ul style="list-style-type: none"> <li>Eats all textures of table food (pureed, soft, chewy, crunchy)</li> <li>Eats mixed textured foods (casseroles, fruit and yogurt)</li> <li>Eats foods from all food groups</li> <li>Finger feeds self</li> <li>Scoops with a spoon or fork and brings to mouth</li> <li>Uses spoon well</li> <li>Uses fork well</li> <li>Drinks from a regular cup well</li> <li>Can use a straw for drinking well</li> <li>Gets onto and off of kitchen chairs safely</li> </ul>
<p><b>Other Functional Mobility Skills</b></p> <ul style="list-style-type: none"> <li>Gets into and out of bed safely</li> <li>Gets on/off of soft furniture safely (living room chair, couch)</li> <li>Obtains all items for leisure or play</li> <li>Accesses floor (gets onto and off of ground safely)</li> <li>Transports items for personal use in the home</li> <li>Obtains ready to eat items from kitchen or pantry</li> <li>Gets into and out of vehicle safely</li> </ul>	<p><b>Toileting Skills</b></p> <ul style="list-style-type: none"> <li>Indicates when wet/soiled</li> <li>Has bowel/bladder control during the day</li> <li>Has bowel/bladder control at night and at times of rest</li> <li>Indicates when needs to use bathroom</li> <li>Takes self to the bathroom for urination and bowel movements</li> <li>Gets onto and off of toilet safely</li> <li>Obtains and able to use necessary supplies</li> <li>Maintains safe body position while toileting (not a fall risk)</li> <li>Manages clothing</li> <li>Completes toileting sequence including toileting, flushing, and hand washing</li> </ul>
<p><b>Hygiene and Grooming Skills</b></p> <ul style="list-style-type: none"> <li>Accesses sink and obtains all grooming supplies</li> <li>Washes, rinses, and dries hands well</li> <li>Spits out toothpaste</li> <li>Tolerates haircuts/trims</li> <li>Gets into/out of bath or shower safely</li> <li>Maintains a safe body position while bathing or showering (not a fall risk)</li> </ul>	<p><b>Housework/Chores</b></p> <ul style="list-style-type: none"> <li>Picks up belongings or toys with adult assistance</li> <li>Picks up belongings or toys when asked</li> </ul> <p><b>Safety Skills</b></p> <ul style="list-style-type: none"> <li>Notifies adult when injured or hurt</li> </ul>