



Developing Independent Living Skills

Age 7

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>Dressing Skills Independently completes all dressing skills including fasteners and belts</p> <p>Toileting Skills Toilet trained—independently completes all toileting activities.</p> <p>Feeding Skills Eats all textures of table food Eats mixed textured foods Eats foods from all food groups Finger feeds self Uses spoon and fork well Uses a knife to spread food (butter) Drinks from a regular cup well Can use a straw for drinking well Pours liquids from a pitcher into a cup well Gets onto and off of kitchen chairs safely</p>	<p>Hygiene and Grooming Skills Accesses sink and obtains all grooming supplies Washes, rinses, and dries hands well Washes, rinses, and dries face well Completes nose care well (blows nose) Brushes hair (not including tangles) Brushes hair and manages tangles Prepares tooth brush with toothpaste Brushes teeth well Spits out toothpaste Safely uses mouth wash Tolerates haircuts/trims Obtains soap and hygiene products for bath/shower Gets into/out of bath or shower safely Washes, rinses, and dries body well Maintains a safe body position while bathing</p>
<p>Meal Preparation Prepares a cold snack (chips, fruit) or meal (cereal, sandwich) independently</p> <p>Safety Skills Notifies adult when injured or hurt Can dial local emergency number (911) Can perform simple first-aid: Band-Aid®, ice Follows safety rules when talking with strangers Has stranger awareness when asked to leave a location with an unfamiliar person Follows fire safety rules and knows safety plan</p>	<p>Other Functional Mobility Skills Gets into and out of bed safely Gets on/off of soft furniture safely Obtains all items for leisure or play Accesses floor Transports items for personal use in the home Obtains ready to eat items from kitchen Obtains meal preparation items and food items Accesses cooking appliances Gets into and out of vehicles safely Manages safety belt independently in vehicles</p>
<p>Housework/Chores Picks up belongings or toys with adult assistance Picks up belongings or toys when asked Sets table and clears table with adult assistance</p> <p>Travel Unlocks and opens door to leave house Follows basic road safety skills Takes the school bus to school and back safely</p>	<p>School-Related Skills Brings all necessary materials to school Brings all necessary supplies home to complete homework assignments or projects Completes homework and returns it on time Relay messages back and forth between classroom teacher(s) and caregiver</p>
<p>Managing Money and Shopping Identifies the value of coins and bills Makes a simple purchase from a store or vending machine using cash with assistance</p>	