



## Age 2

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.

### **Dressing Skills**

- Takes off socks
- Takes off shoes
- Takes off elastic pants or shorts
- Takes off underwear

### **Hygiene and Grooming Skills**

- Tolerates haircuts/trims
- Maintains a safe body position while bathing or showering

### **Feeding Skills**

- Eats all textures of table food (pureed, soft, chewy, crunchy)
- Eats mixed textured foods (casseroles, fruit and yogurt)
- Eats foods from all food groups
- Finger feeds self
- Scoops with a spoon or fork and brings to mouth
- Uses spoon well
- Uses fork well
- Drinks from a regular cup well
- Can use a straw for drinking well
- Gets onto and off of kitchen chairs safely

### **Toileting Skills**

- Indicates when wet/soiled
- Maintains safe body position while toileting

### **Other Functional Mobility Skills**

- Gets into and out of bed safely
- Gets on/off of soft furniture safely  
(living room chair, couch)
- Obtains all items for leisure or play
- Accesses floor (gets onto and off of ground safely)
- Transports items for personal use in the home

### **Housework/Chores**

- Picks up belongings or toys with adult assistance

### **Safety Skills**

- Notifies adult when injured or hurt