



Developing Independent Living Skills

Age 6

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>Hygiene and Grooming Skills</p> <ul style="list-style-type: none"> 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) Styles hair Prepares tooth brush with toothpaste Brushes teeth well Spits out toothpaste Safely uses mouthwash 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>Feeding Skills</p> <ul style="list-style-type: none"> 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 Uses a knife to spread food (butter) Drinks from a regular cup well Can use a straw for drinking well Pours liquid from a pitcher into a cup well Gets onto and off of kitchen chairs safely
<p>Dressing Skills</p> <ul style="list-style-type: none"> Independently completes all dressing skills including fasteners and belts. <p>Toileting Skills</p> <ul style="list-style-type: none"> Toilet trained—Independently completes all toileting activities. <p>Housework/Chores</p> <ul style="list-style-type: none"> Picks up belongings or toys with adult assistance Picks up belongings or toys when asked Sets table and clears table with adult assistance at meals 	<p>Other Functional Mobility Skills</p> <ul style="list-style-type: none"> 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 Gets into and out of vehicles safely Manages safety belt independently in vehicles
<p>Dressing Skills</p> <ul style="list-style-type: none"> Prepares a cold snack (chips, fruit) or meal (cereal, sandwich) independently <p>Travel</p> <ul style="list-style-type: none"> Unlocks and opens door to leave house independently Follows basic road safety skills <p>School-Related Skills</p> <ul style="list-style-type: none"> Brings all necessary materials home to complete homework assignments or projects Completes homework and returns it on time 	<p>Safety Skills</p> <ul style="list-style-type: none"> 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