



Developing Independent Living Skills

Age 4

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 <ul style="list-style-type: none">Takes off a pull on t-shirt or sweatshirtPuts on a pull on t-shirt or sweatshirtPuts on a jacket (excluding fasteners)Takes off elastic waist pants or shortsPuts on elastic waist pants or shortsTakes off socksPuts on socksTakes off shoesPuts on shoes (excluding fasteners)Puts on and fastens Velcro or elastic laced shoesPuts on underwearTakes off underwearAdjusts clothing appropriatelyObtains clothing from storage area and accessories	Feeding Skills <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 groupsFinger feeds selfScoops with a spoon or fork and brings to mouthUses spoon wellUses fork wellDrinks from a regular cup wellCan use a straw for drinking wellGets onto and off of kitchen chairs safely
Hygiene and Grooming Skills <ul style="list-style-type: none">Accesses sink and obtains all grooming supplies (faucet, soap, comb)Washes rinses and dries hands wellBrushes hair (not including tangles)Prepares toothbrush with toothpasteSpits out toothpasteTolerates haircuts/trimsObtains soap and hygiene products for bath/showerGets into/out of bath or shower safelyMaintains a safe body position while bathing or showering (not a fall risk)	Toileting Skills <ul style="list-style-type: none">Indicates when wet/soiledHas bowel/bladder control during the dayHas bowel/bladder control at night and at times of rest (naps)Indicates when needs to use bathroomTakes self to the bathroom for urination and bowel movementsGets onto and off of toilet safelyMaintains safe body position while toiletingManages clothing (pulls up and down pants)Completes all toilet hygiene tasksCompletes toileting sequence including toileting, flushing, and hand washing
Other Functional Mobility Skills <ul style="list-style-type: none">Gets into and out of bed safelyGets on/off of soft furniture safelyObtains all items for leisure or playAccesses floorTransports items for personal use in the homeObtains ready to eat items from kitchenGets into and out of vehicles safely	Housework/Chores <ul style="list-style-type: none">Picks up belongings or toys with adult assistancePicks up belongings or toys when asked Safety Skills <ul style="list-style-type: none">Notifies adult when injured or hurt