

DOMAIN 2: MOTOR DEVELOPMENT, PHYSICAL WELL-BEING, AND HEALTH**SUB-DOMAIN: HEALTH****DAILY LIVING SKILLS****GOAL 22: CHILDREN PRACTICE BASIC PERSONAL CARE ROUTINES.**

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
36 to 60 Months	Initiate and carry out personal care routines, with and without assistance.	<ul style="list-style-type: none"> ▪ Feeds self with fork and spoon; and spreads with a blunt knife, without assistance. ▪ Washes hands independently, with frequency. ▪ Gets a drink of water from an appropriate tap, without assistance. ▪ Dresses and undresses, with minimal help. ▪ Chooses own clothes to wear, when asked. ▪ Puts shoes on, without assistance. ▪ Decides, with few prompts, when to carry out self-help tasks (e.g. to wash hands when dirty and before meals). ▪ Chooses to rest, when tired. ▪ Participates in helping younger siblings or other children with personal care routines. ▪ Independently completes toileting activities, though may need some reminders and or support in wiping and flushing the toilet. ▪ Brushes own teeth, though adult may complete the brushing process. 	<ul style="list-style-type: none"> ▪ Offer plenty of guidance and opportunities for child to take care of self (e.g. put on own coat, clean up after spills and messy projects). ▪ Give child enough time to take care of personal needs such as zipping and unzipping coat. ▪ Help child recognize personal signs of fatigue and need for rest. ▪ Provide opportunities for child to help younger siblings and other children with appropriate personal care routines. ▪ Demonstrate clear and consistent boundaries about harmful objects and situations (e.g. always put child in car safety seat when traveling in a vehicle, always hold adult hands when walking in parking lot, look both ways when crossing streets, or wear a helmet when using wheel toys).