

**Self-Help Skills – Adaptive Development
Infant-Toddler**

Observer _____ Date _____

Child's Name _____ Birth Date _____ Age _____

Average Age of Appearance	Behavior	Observed		Comments
		Yes	No	
0-6 mo	Anticipates dressing, care routines			
6 mo	Lifts cup			
8 mo	Reaches for toys out of reach consistently			
9 mo	Holds finger food to eat			
	Grasps bottle or cup			
	Tries to grasp spoon when being fed			
	Holds bottle to feed self			
11—12 mo	Drinks from cup when it is held			
13—18 mo	Picks up one or two toys when adult picks up toys			
	Opens mouth and allows adult to brush teeth			
	Chews and swallows semi-solid foods cut in small pieces			
	Takes off some clothing: mittens, hat, socks			
	Indicates wet diaper			
18—24 mo	When asked, removes shoes and socks without help			
	Uses a child-sized spoon correctly when eating soft food			
	Sometimes puts on mittens and cap without help			
	Drinks from a small cup or glass without help			
	Gradually is able to take off most of his/her clothing if it is unfastened			

Average Age of Appearance	Behavior	Observed		Comments
		Yes	No	
25—36 mo	Most of the time, feeds self correctly with a small spoon with very little spilling except with liquids			
	Puts a fork into meat or potatoes; eats correctly			
	Indicates need to toilet 1-3 times each day			
	Takes off pants, shirt, socks, and shoes			
	When given specific directions, puts toys away about half the time			
	With help, turns on the water faucet, fills a glass, and turns off the faucet			
	Completes urination independently, but may need help with wiping and getting clothing on again			
	When reminded, puts coat on a hook			
	Drinks from a glass without spilling			