

## SELF-CARE CHECKLISTS

The focus of the VB-MAPP is primarily on communication and social skills. However, self-care skills are an important part of the child's growing independence. The following self-care checklists can be used for assessment and skills tracking. The list can be downloaded and printed as needed to complete your child's program. As always, the procedures derived from applied behavior analysis provide the best way to teach these skills.

## DRESSING – BY ABOUT 18 MONTHS

- Pulls a hat off
- Pulls socks off
- Pulls mittens off
- Pulls shoes off (may need help with laces, buckles and velcro straps)
- Pulls coat off (may need assistance unbuttoning and unzipping)
- Pulls pants down (may need assistance unbuttoning and unzipping)
- Pulls pants up (but may need help getting pants over a diaper, and with buttoning, snapping and zipping)

## DRESSING – BY ABOUT 30 MONTHS

- Unties shoe laces
- Unbuttons front buttons
- Unsnaps
- Fastens and unfastens velcro
- Unzips front zippers (smaller zippers may be difficult)
- Removes shirt (tight shirts may require assistance)
- Removes pants or skirts (may need help unzipping and unbuttoning)
- Puts on shoes (needs help discriminating right from left and tying)
- Puts on pants (may need help zipping and buttoning up)
- Adjusts clothing
- Matches own socks
- Matches own shoes
- Puts dirty clothes in a hamper

## DRESSING – BY ABOUT 48 MONTHS

- Undresses (but may need help with tight pullover clothes)
- Dresses (may need help with back buttons and zippers such as on a dress)
- Puts on coat
- Puts on socks
- Puts on pants
- Buckles and unbuckles most buckles (some may be more difficult)
- Zips and unzips front zippers
- Buttons and unbuttons front buttons
- Snaps and unsnaps front snaps
- Identifies which clothes to wear for various weather conditions
- Attempts to lace shoes
- Puts on shoes (discriminating right from left with a prompt)
- Attempts to tie shoes
- Hangs up own clothes on a hook
- Hangs up own clothes on a hanger (with assistance)
- Folds own clothes (with assistance)
- Puts clothes in drawer

## BATHING AND GROOMING – BY ABOUT 18 MONTHS

- Wipes nose with a tissue (with assistance)
- Washes hands (with assistance)
- Dries hands (with assistance)
- Attempts toothbrushing (with assistance)

## BATHING AND GROOMING – BY ABOUT 30 MONTHS

- Attempts to use a washcloth and soap while bathing (with assistance)
- Brushes teeth (with assistance)
- Washes face (with assistance)
- Dries face
- Attempts to wash hands independently
- Dries hands
- Attempts to brush hair (with assistance)

## BATHING AND GROOMING – BY ABOUT 48 MONTHS

- Wipes nose with a tissue and puts it in the trash
- Gets in and out of a bath tub with minimal assistance
- Uses a washcloth and soap when bathing
- Washes hair (with assistance, especially for longer hair)
- Dries self after a bath or shower
- Brushes teeth
- Flosses teeth (with assistance)
- Washes hands
- Washes face
- Dries both face and hands
- Hangs up towel after washing
- Brushes hair (with assistance, especially for longer hair)

## FEEDING – BY ABOUT 18 MONTHS

- Eats finger foods
- Drinks from a cup by self
- Uses a spoon to scoop food
- Sucks from a straw

## FEEDING – BY ABOUT 30 MONTHS

- Uses a fork to pick up food
- Uses a napkin to wipe face and hands
- Carries own lunch box or plate to table
- Opens own lunch box
- Opens ziploc bags
- Unwraps partially opened food packaging
- Puts a straw into a juice box
- Peels a banana
- Takes off own bib

## FEEDING – BY ABOUT 48 MONTHS

- Uses the side of a fork to cut softer foods
- Uses a knife for spreading
- Uses a knife for cutting (softer foods)
- Keeps eating area reasonably clean while eating
- Unwraps most food packaging
- Opens milk or juice container
- Pours liquids into a cup or bowl (from a small pitcher or lunch thermos)
- Helps to prepare simple foods (spreading, stirring, using cookie cutters, holding a beater, measuring ingredients, pouring ingredients)
- Helps to set the table for meals
- Takes dishes to the sink
- Wipes the table with a sponge or dish towel

## TOILETING – READINESS SKILLS - BY ABOUT 24 MONTHS

- Responds to reinforcement
- Follows simple directions
- Seems uncomfortable in soiled diapers
- Remains dry for 2 hours at a time
- Bowel movements are predictable and regular
- Pulls pants down
- Pulls pants up
- Can sit still for 2 minutes at a time

## TOILETING – BY ABOUT 36 MONTHS

- Has learned a word, sign or PECS for using the toilet (e.g., potty, pee, sign for toilet)
- Mandates to use the toilet
- Unbuttons, unsnaps or unzips pants
- Sits on toilet
- Urinates on toilet
- Wipes after urinating (girls)
- Defecates on toilet
- Wipes after defecating (with assistance)
- Pulls underwear up
- Pulls pants up
- Zips, snaps or buttons pants (with some assistance)
- Flushes toilet
- Washes hands (with some assistance)
- Dries hands

## TOILETING – BY ABOUT 48 MONTHS

- Aims into toilet standing (boys)
- Wipes self (girls wipe from front to back)
- Zips front zippers
- Buttons front buttons
- Snaps front snaps
- Washes and dries hands - as part of the toileting routine
- Night-time trained (may still have accidents)