

Stages of Self Help Skills

- Stage 1 (18 months to 2 years)
Holds cup or glass in one hand; drinks from it
Unbuttons large buttons
Turns doorknobs
Holds spoon and feeds with help
Picks up toys with help
Begins undressing
- Stage 2 (2 to 2½-years old)
Removes shoes and some items of clothing
Pours into large container
Unzips large zippers
Picks up toys for a short period of time
Tries to dress
- Stage 3 (2½ to 4-years old)
Washes hands at the sink
Washes face with wash cloth
Gets on and off the toilet
Combs and brushes hair (sometimes with help)
Undresses (pull-overs may require help)
Dresses without help
Finishes zipping
Picks up toys
Throws out waste paper
Wipes up spills
- Stage 4 (4 to 5-years old)
Zips, buttons, and snaps clothes
Begins to tie shoes
Clean up toys and put them in the places they belong
Turns on the water at the sink
Combs and brushes hair without help
Starts to brush teeth effectively