	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 2 <sup>1</sup> / <sub>2</sub> -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	(21/2 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