



## SELF CARE TYPICAL DEVELOPMENT

3945 Matchette Rd.  
Windsor, Ontario N9C 4C2  
T: 519.252.7281  
Toll Free: 1.866.636.6666  
F: 519.252.5873  
[www.jmccentre.ca](http://www.jmccentre.ca)

This handout provides an overview of some typical self-care skills that develop between ages 3 and 6.

### 3 YEARS

#### Dressing

- Puts on shoes
- Able to dress themselves with help
- Able to find arm and leg holes
- Needs help with t-shirts
- Inconsistent with front/back, left/right
- Able to button large front buttons

#### Feeding

- Able to feed themselves (with some spilling)
- Able to hold a glass in one hand

#### Toileting

- Able to use the toilet with some help

#### Bathing

- Able to wash and dry hands by himself

### 4 YEARS

#### Dressing

- Able to unbutton buttons
- Able to pull down pants
- Able to put on socks
- Able to move zippers up and down
- Able to put on boots
- Able to put on mittens
- Able to manipulate small buttons, buckles and belts
- Able to start zipper
- Able to remove t-shirts
- Able to put on shoes correctly
- Learning to lace shoes
- Completely undress themselves if wearing clothes with simple fasteners

#### Feeding

- Uses table utensils skillfully

#### Toileting

- Uses the toilet alone

**Bathing**

- Can brush teeth, comb hair, wash, and dress with little assistance

**5 YEARS****Dressing**

- Fastens Velcro shoes, buttons and zippers
- Able to put belt through pant loops
- Able to put on a t-shirt
- Able to manipulate out of sight zippers and knots
- Able to dress unsupervised

**Bathing**

- Brushes teeth and hair

**6 YEARS****Dressing**

- Dresses unsupervised
- Able to tie knot
- Able to tie laces and bows
- Able to manipulate outside buttons and snaps