



SELF CARE TYPICAL DEVELOPMENT

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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