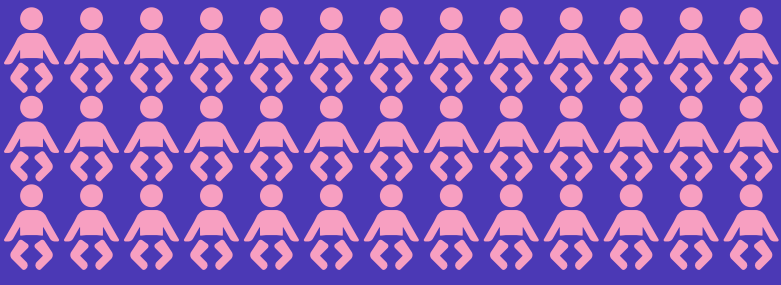


Self help skills

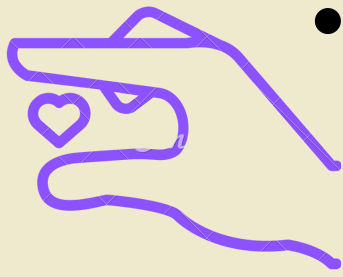


For children 0-18 months old

Self-care skills are all the things your child learns to do to care for themselves, like feeding, dressing, bathing, toileting, and sleep routines.

Developmental Milestones

These developmental milestones are a general guideline. Each child is unique and may achieve milestones at a different pace. If you have concerns about your child's developmental milestones, please contact your pediatrician.



- can hold bottle independently
- regulated sleep patterns by 4 months
- can pick up small foods with finger tips by 9 months

- start sleeping through the night by 8 months
- can manipulate toys in hands and transfer hand to hand between 5 and 6 months



- can drink from cup and eat with spoon



- begins to sit on toilet when placed there and supervised
- cooperates and assists with dressing and undressing

ADDITIONAL INFORMATION

Check out the informative video at Crystal Lake Public Library (www.cipl.org) to help your child improve on self care skills like teeth brushing!



SELF HELP SKILLS

Self-care skills are all the things your child learns to do to care for themselves, like feeding, dressing, bathing, toileting, and sleep routines.



for children
0-18
months

FUN ACTIVITIES: With common household items

- **crush up cheerios** and sprinkle it onto slippery food such as fruits or avocado to expose child to new textures



- **play peek a boo**, place a small blanket or piece of the child's clothing over their head and pull off to say peek a boo

- **singing a song** and pretending to brush teeth with a hand puppets

- **make edible finger paint** with just three ingredients: cornstarch, water and food coloring.

Children at this age love to put their hands into their mouths edible finger paint is safe for children, It also provides an opportunity to practice hand washing skills.

- **Have child hold favorite teddy bear** while sitting on a potty seat. Make up a story with your child including the bear so the child becomes used to sitting in one spot.



- **Form a night time routine** for example: bath, lotion or massage, feed, swaddle, lay child down in crib.

FOR MORE INFORMATION

<https://childdevelopment.com.au/resources/child-development-charts/self-care-developmental-chart/>

