

SELF-CARE 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
18 - 24
months

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

FEEDING

- Drink from a straw
- Begin to use a spoon and fork to feed self
- Eat a combination of textures
- Chew food with mouth closed
- Shifts food around in the mouth



DRESSING



- Undress simple clothing (socks, sweatpants, t-shirts)
- Help put on a shirt by putting arms in sleeves
- Can tolerate more varied clothing textures

BATHING/HYGIENE

- Help wash a few body parts
- Enjoys taking a bath
- May begin to imitate tooth brushing and hair brushing



TOILETING



- Tolerate changing diapers without crying
- Begin to gain some bowel and bladder control
- Help wash hands
- Can walk to the potty

SLEEPING

- Can tolerate some changes in naptime sleep patterns
- Has an established sleep schedule
- Able to self calm to fall asleep



For more information about developmental milestones, visit these online resources

<https://chicagooccupationaltherapy.com/uncategorized/early-childhood-self-care-milestones/>

<https://edn.ne.gov/cms/developmental-milestones-19-through-24-months>

<https://pathways.org/growth-development/19-24-months/milestones/>

<https://www.childrensmn.org/educationmaterials/childrensmn/article/15315/developmental-milestones-18-to-24-months/>

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FUN ACTIVITIES

Using common household items

TONGUE WIGGLE

Place dots of pudding on the sides, above, and below lips. Have your kid look in the mirror and use their tongue to lick off the pudding.

This works on oral motor skills and tongue movement.

FEEDING



DRESSING



PIPE CLEANER POKE

Have your child poke pipe cleaners through the holes in a colander/strainer.

This works on fine motor skills needed for fastenings on clothes, such as zippers and buttons.

GIVE A TOY A BATH

Give a doll or toy a bubble bath! Have your child name body parts as you wash them.

This will help them learn the sequence skills of bathing and identify body parts.

BATHING/HYGIENE



TOILETING



BLOWING BUBBLES

Once your child is ready to start sitting on a potty, have them blow bubbles while seated.

This can help stimulate abdominal muscles and encourage your child to stay seated longer.

CHOICES

Allow your child to make choices about their bedtime routine. They can pick between 2-3 bedtime stories or pairs of pajamas.

This encourages independence and will help your child to feel in control.

SLEEPING



For more information about activities, visit these online resources

<https://www.bbc.co.uk/tiny-happy-people/give-dolly-a-bath-18-24/zkfff4j>
<https://www.babycentre.co.uk/a7687/establishing-good-sleep-habits-18-to-24-months>
<https://www.janninemackinnon.com/5-toddler-activities-for-18-24-month-olds/>
<https://parenting.firstcry.com/articles/15-potty-training-games-for-toddlers/>
<https://teisinc.com/developmental-activity-day-18-24-months/>