

Self-Care Skills

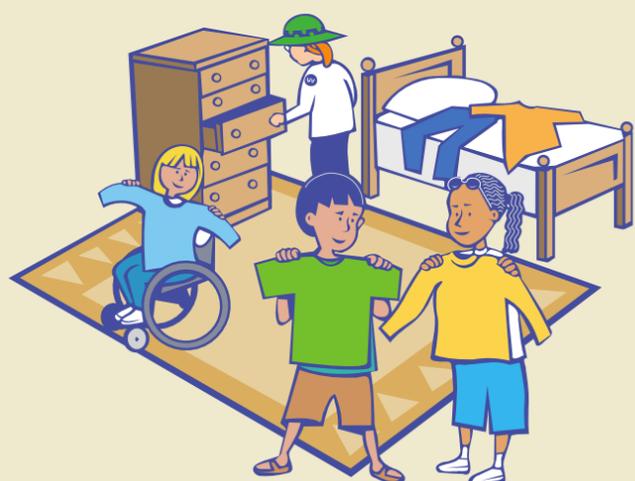
Self-care skills are all the things your child learns to do to care for themselves, like feeding, dressing, bathing, toileting, and sleep routines

Children 3-4 years old

Developmental Milestones

These developmental milestones are a general guidelines. 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 self, simple meals using a fork, and spoon
Using a napkin to wipe face and hands
Feeding self without difficulty



Independently put on and take off shirt, pants, dresses, underwear, shoes, and socks
Put on shoes

Brushing Teeth independently
Wash hands and face at the sink
Wash themselves in the tub with supervision
Help with brushing hair
Wipe own nose



Be able to use the toilet during the day with few accidents @3yrs
Be able to use the toilet during the day and night with almost no accidents @4yrs
Need a little bit of help with wiping and some clothing

Settling themselves to sleep at night or during the day



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Fun Activities

Your child the chef!

Kids love to pretend, so let's encourage that with cooking. Allow them to crack that egg or pour a bowl of cereal.



Sock matching activity. Laundry basket with socks and have them match them by size, or color

Play "Simon Says" put arm in sleeve or foot in sock. Playing is the art of learning.

Make a toothbrush chart for AM and PM. After completing child gets a star sticker to place in the spot.

Tub time have them wash themselves, maybe a foam visor in case water in the eyes is too much.



Toileting can be intimidating for some. So take a short book. Sing a song. When finished, let them try to wipe and then parents may do a final inspection. Sing "happy birthday" when washing hands for proper hand hygiene.

Allow the child to have a routine for bedtime. Bath time, brush their teeth, use the potty. Have them turn on their night light. Snuggle in their bed and bedtime story. Off to dream land on their own.



For more information about developmental milestones, visit these online resources:

<https://chicagooccupationaltherapy.com/developmental-milestones>

<https://www.luriechildrens.org/en/specialties-conditions/pediatric-occupational-therapy/developmental-milestones/self-care-skills>