

Your child's

Self-Care

Milestones

0-6 MONTHS

- At this stage, your child is communicating hunger or discomfort through crying.
- They are tracking objects with their eyes.

6-12 MONTHS

- Your child is likely at the stage of finger feeding, which involves using thumb opposition—a skill outlined in the fine motor development document.
- They are likely **holding** a bottle or cup independently.
- They should be initiating reach for objects.

12-18 MONTHS

- Your child is likely able to **remove** their socks and shoes independently.
- They can dip a spoon into food and bring it to their mouth, although spillage will occur.
- They might start to look in the right spot for hidden objects.

18-24 MONTHS

- Your child is gaining independence in managing their clothing, particularly in taking off **unbuttoned** coats and **helping** pull down trousers.
- They are starting to assist with dressing by extending their arms and legs.

2-3 YEARS

- Your child is likely removing pull-down pants with an elastic band.
- They are **unbuttoning** large buttons and assisting with pulling on socks.
- They are likely using a napkin to wipe face and hands, although it's common for this skill to continue developing up to the age of 4.
- They are now able to feed themselves simple meals with a fork or spoon.

3-4 YEARS

- By age three, some children may begin brushing their own teeth with supervision.
- Your child is likely able to put on shoes without fasteners, though they might not always get them on the correct feet.
- They can zip/unzip a jacket once the zipper is engaged.
- They are able to button and unbutton large buttons.
- Potty training success hinges on physical, developmental, and behavioral readiness, typically between 18-24 months, though some children may not be ready until 3 to 3.5 years.
- Your child is likely washing their hands independently.

4-5 YEARS

- Your child is likely packing items away independently.
- They can put on shoes but may need assistance with lace tying.
- They should be able to orient and put on socks correctly.
- They are likely managing the entire toileting process on their own.
- Expect your child to be self-sufficient with dressing and feeding.

5-6 YEARS

- Your child should be able to follow a morning routine independently, both at school and home.
- They can manage zippers, buttons, and snaps of all sizes.
- They are likely able to tie their own shoelaces.
- Your child should be brushing their teeth independently.