SELF-CARE CHECKLISTS

The focus of the VB-MAPP is primarily on communication and social skills. However, self-care skills are an important part of the child's growing independence. The following self-care checklists can be used for assessment and skills tracking. The list can be downloaded and printed as needed to complete your child's program. As always, the procedures derived from applied behavior analysis provide the best way to teach these skills.

DRESSING – BY ABOUT 18 MONTHS
 Pulls a hat off Pulls socks off Pulls mittens off Pulls shoes off (may need help with laces, buckles and velcro straps) Pulls coat off (may need assistance unbuttoning and unzipping) Pulls pants down (may need assistance unbuttoning and unzipping) Pulls pants up (but may need help getting pants over a diaper, and with buttoning, snapping and zipping)
DRESSING - BY ABOUT 30 MONTHS
Unties shoe laces Unbuttons front buttons Unsnaps Fastens and unfastens velcro Unzips front zippers (smaller zippers may be difficult) Removes shirt (tight shirts may require assistance) Removes pants or skirts (may need help unzipping and unbuttoning) Puts on shoes (needs help discriminating right from left and tying) Puts on pants (may need help zipping and buttoning up) Adjusts clothing Matches own socks Matches own shoes Puts dirty clothes in a hamper
DRESSING – BY ABOUT 48 MONTHS
Undresses (but may need help with tight pullover clothes) Dresses (may need help with back buttons and zippers such as on a dress) Puts on coat Puts on socks Puts on pants Buckles and unbuckles most buckles (some may be more difficult) Zips and unzips front zippers Buttons and unbuttons front buttons Snaps and unsnaps front snaps Attempts to lace shoes Puts on shoes (discriminating right from left with a stimulus prompt) Attempts to tie shoes Hangs up own clothes on a hook Hangs up own clothes on a hanger (with assistance) Folds own clothes Puts clothes in drawer

BATHING AND GOOMING – BY ABOUT 18 MONTHS
 Wipes nose with a tissue (with assistance) Washes hands (with assistance) Dries hands (with assistance) Attempts toothbrushing (with assistance)
BATHING AND GROOMING – BY ABOUT 30 MONTHS
Attempts to use a washcloth and soap while bathing (with assistance) Brushes teeth (with assistance) Washes face (with assistance) Dries face Attempts to wash hands independently Dries hands Attempts to brush hair (but needs assistance)
BATHING AND GROOMING – BY ABOUT 48 MONTHS
 Wipes nose with a tissue and puts it in the trash Uses a washcloth and soap when bathing Washes hair (with assistance for longer hair) Brushes teeth Flosses teeth (with assistance) Washes hands Washes face Dries both face and hands Hangs up towel after washing Brushes hair (with assistance for longer hair)

FEEDING – BY ABOUT 18 MONTHS
Eats finger foods Drinks from a cup by self Uses a spoon to scoop food Sucks from a straw
FEEDING - BY ABOUT 30 MONTHS
 Uses a fork to pick up food Uses a napkin Carries own lunch box or plate to table Opens own lunch box Opens ziploc bags Unwraps partially opened food packaging Puts a straw into a juice box Peels a banana Takes off own bib
FEEDING – BY ABOUT 48 MONTHS
 Uses side of fork to cut softer foods Uses a knife for spreading Uses a knife for cutting (softer foods) Keeps eating area reasonably clean while eating Unwraps most food packaging Opens milk or juice container Pours liquids into a cup or bowl (from a small pitcher or lunch thermos) Helps to prepare simple foods (spreading, stirring, using cookie cutters, holding a beater, measuring ingredients, pouring ingredients) Helps to set the table for meals Takes dishes to the sink Wipes the table with a sponge or dish towel

Responds to reinforcement Follows simple directions Seems uncomfortable in soiled diapers ___ Remains dry for 2 hours at a time Bowel movements are predictable and regular Pulls pants down Pulls pants up Can sit still for 2 minutes at a time **TOILETING – BY ABOUT 36 MONTHS** Has learned a word, sign or PECS for using the toilet (e.g., potty, pee, sign for toilet) Mands to use the toilet Unbuttons, unsnaps or unzips pants Sits on toilet Urinates on toilet __ Wipes after urinating (girls) Deficates on toilet ____ Wipes after deficating (with assistance) Pulls underwear up Pulls pants up Zips, snaps or buttons pants (with some assistance) Flushes toilet Washes hands (with some assistance) Dries hands **TOILETING – BY ABOUT 48 MONTHS** Aims into toilet standing (boys) ___ Wipes self (girls wipe from front to back) Zips front zippers ___ Buttons front buttons Snaps front snaps Washes and dries hands - as part of the toileting routine Night-time trained (may still have accidents)

TOILETING - READINESS SKILLS - BY ABOUT 24 MONTHS